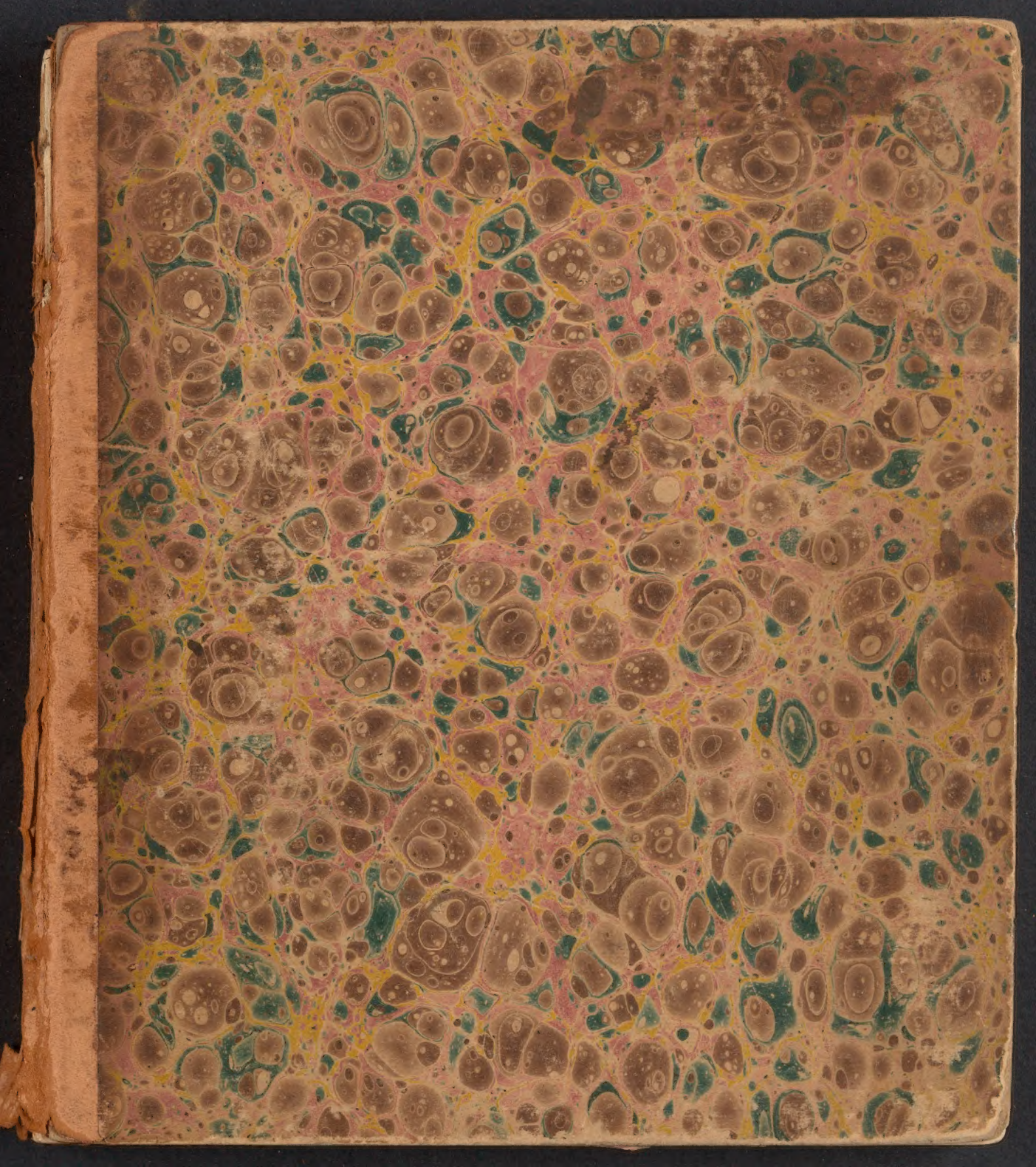

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HARVARD UNIVERSITY HERBARIUM.

THE GIFT OF

T. W. Higginson.

Higginson (4)

Note book for flowers [1845]

& afterwards for facts on

Physical Training

Hepatica
Epigaea

	Earliest date	No. years seen in April
Leontodon taraxac.	Apr. 7	4
Stellaria longif.	" 9	5
Sanguinaria Canad.	" 17	4
Houstonia caerul.	" 20	3
Caltha palustris	"	5
Erythronium Am.	"	3
Anemone nemorosa	"	5
" thalicto.	" (24)	3
Houstonia stellif.	"	2
Fragaria virgin.	"	3
Potentilla Sarm.	"	4
Gnaphalium obtus.	" 21	4
Viola debilis	"	2
" crata	B 22	3
" pedata	" 26	3
" blanda	" "	3
" cucullata	" 29	3
Thalictrum diöicum	" 21	3
Saxifraga virginis	"	4
Ranunculus — (scel)	" 24	1
Apios tuberosa	" 27	2
Thlaspi B. P.	" 25	1
Lamium amplex.	" 26	1
Jeffersonia Lyl.	" 29	1
Trillium (Vt.)	" 29	1
Andromeda ?		
Trillium ?		

L meant an interesting locality
R " prefixed –

1809

Brad. Bookkeeper

Apr.	27	bloodroot, dog-tooth, anemone, trout-lily
	28	sassafras
	29	dentaria (in hd) trillium (Jones, H. violet) (hd)
May	1	white anemone
	2	yellow violet (abundant) houst (in hd) dracocephalum (in hd)
	3	white "
	4	pyrus aralia
	5	strawberry, dandelion, sold-thread, houst (out) h. debilis, Equisetum (fresh) columbine out.
	6	

Brad.

May 8. 1809 Sunday. There hv. been 12 successive days of clear & bright sunshine. The three last days hv. been oppressively warm. Friday thermr. 82° at noon, the highest since last June – Saty 90° at noon – today as hot. It is rare for this to happen in two days at so season as the dif. yesterday in one. Dicentra & lily of the valley in flow today.

I'd be very pleased to walk for you, on the first fast of this kind

1845.

March 7. √ Salix eriocephala. in bud. out Apr. 5 — Brookline.

" 15 √ Alnus serrulata — Cambridge.

" 27 √ Ulmus Americana

" 28. √ Hepatica triloba. — Mt Auburn. L

5. " " √ Ictodes fœtidus. — more Apr 2. Brookline Apr 5.

April 7. √ Epigæa repens. — from Worcester.

" 21. r √ Gnaphalium plantaginum.

" " √ Acer rubrum

" " r √ Caltha palustris. in bud. out 23.

10 " 22 r √ Anemone nemorosa. — Woods by "Porcellium" [Mr. Jarvis near Porter

" 23 Betula lenta. — Woods near Fresh pond – went up to Brown's meadow near Wilington's hill to find Sanguinaria did not find that nor a single violet or Anemone or Houstonia – only Cowslips in flower.

" 25. r √ Houstonea cærulea — Near the Swamp on Cape road

" " r √ Erythronium Americanum

" " √ Thlaspi Bursa Pastoris

15. " " √ Stellaria media

" 25b. √ Leontodon Taraxacum (Boston)

" " ~~Glechoma hederacea~~ Lamium amplexicaule (Roxbury)

Cambridge. 1845.

April 28. Juglans alba ? Behind Holworthy Hall.

r Pyrus ovalis in bud. out May 1.

20. " 29. Ribes triflorum in bud

√ Equisetum arvense. } Concord turnpike

r √ Viola blanda

r √ ~~Viola~~ ovata Hill N. Fresh pond

r √ " debilis. } Copse on Concord turnpike. h
~~23d~~ 3 miles fr. Cambridge South side. See May 10.

25. r √ Sanguinaria Canadensis h

√ Laurus Benzoin – also road under Wellington's hill – ½ mile further.

r √ Mitella diphylla. in bud. out May 2. } Mr Brown's.

r √ Trillium cernuum in bud out May 14

r √ Aquilegia Canadensis. in bud. out May 1. (Brookline. Walnut Arsenal woods) h

30. r √ Saxifraga vernalis (Brookline) h

r √ Anemone Thalictroides } Wellington's Hill.

r √ Fragaria Virginiana

r √ Potentilla sarmentosa.

14.

√ Medicago Lupulina (Cambridge port.

35 " 30. r √ Thalictrum Dioicum

r [*Ribes floridum.] ~~in bud out May 5.~~ } Arsenal woods

r Vaccinium Pennsylvanicum

[Sinapis nigra] ?

Betula populifolia

* 23

Journal.

Apr. 28. Somerville.

April 29. Fine tramp of some 10 miles, 3½ to 4 hours, to Wellington's Hill. Stopped in opposite Mr. Lee's, Fresh Pond. Dr. Harris had directed me to a copse just beyond the hill, on the left side. There I found a few plants of Bloodroot. Then went on to Mr. Brooms & such a place, carpeted with Sanguinaria, Erythronium, & Anemone — also Houstonia perfoliata coming on. But it is close to the RR. depot, which spoils it.

April 2 to Wellington's Hill.

Stopped the first of any but

I have fo ucta along the tramp.

Dr Harris

on the left

Bloodroot

Then went

days — I

Erythronium

is close to the

Wellington's

hills — roc

Wellington's Hill

Copse

Lee's

woods

Wind the

broad (we

N. B.

miles & felt little

more tre

April

anemone — but Thalictrum

leaves of d covered with the

I saw bines on the hill.

*

Cultiv. Sp. The real

R. F. A much finer day — fine tramp of a fine mile round

Journal.

Apr. 28. Found anemones in profusion in the thickets, toward Somerville.

April 29. Fine tramp of some 10 miles – 3½ to 4 hours, to Wellington's Hill. Stopped in opposite Mr Lee's. Fresh pond & found some Viola ovata, the first of any but I have found – afterwards found a few V. blanda in the wet ground farther along the turnp. Dr Harris directed me to a copse just beyond the hill on the left side, very small – there I found a few plants of Bloodroot & a few of Viola Debilis – very rare, & almost gone. Then went on to Mr Brown's (I mistook the place the other day) – & such a place – carpeted with Sanguinaria Erythronium & Anemone – also Uvularia Grandiflora but it is close to the R.R. depot, wh. spoils it. Then went on – to Wellington's hill – which I found much like the Brookline hills – rocks & moss – saxifrage & columbine. Wandered round there somewhat – back for the road & returned – cut across toward Cushing's & came out on the Watertown road – a fine walk.

N. B. Walked in & out of town in the afternoon & eve. – say 16 miles & felt little more tired than after walking briskly in & out of town.

April 30. Arsenal woods – found no yellow violet, nor lupine – but Thalictrum anemone – the finest A. Thalictroides I ever saw. The ground covered with the leaves of Uraspermum, in the little dells. Found but a few Columbines on the hill. & saw no violets but V. blanda.

* What I have taken for R. floridum is merely ~~a sp. of~~ the Cultiv. sp. The real R. F. a much finer thing I found May 9. by a pond toward Brookline

Cambridge 1875.

40. May 1. √ Ranunculus fascicularis } Hill in Roxbury h.
r Viola pedata. } J. P. G. [illegible]

" 2. Senecio vulgaris
Plantago lanceolata
Comptonia asplenifolia
45. r Saxifraga Pennsylvanica in bud out May 5.
r Panax trifolium. } Brookline hh
r Arabis thomboidea in bud out May 14. } Riley's Wood & Lyman's! h
Conc. triumph. Fr. & passim
Pyrus Strychnium. Brighton Heights. h
Populus candicans. Balm of Gilead.

50 " 5. r Viola lanceolata
r " sagittata
" palmata } Marsh near
Andromeda calyculata } Roxbury Park
Rumex acetosella
55. r Convallaria bifolia in bud out May 14
" multiflora in bud out May 13 Hickory on Rapid road.
Nuphar advena
Potentilla argentea

" 6 r Viola cucullata
60 r Senecio aureus in bud out May 22
Hydrocotyle umbellatum in bud out May 28 Near Jordan Lake h
r Glechoma hederacea. pasture

May 5.

Went with Chas. Norton to the marsh & wood near Trotting Park & then across the meadows to Rush Pond back road. No flowers yet on Rhodora or Menyanthes. No Viola pedata but fine V. palmata.

Coming back stopped at the willows on Craigie estate where Dr. Harris says he & Woodward found Corallorhiza verna (tripora), not down in Biglow – no sign of it, but found Polygonatum giganteum in bud – and Hoularia perfoliata – the nearest place for these.

Journal

May 1. "Maying" with Mr P, N & C. S.R.B. & boys in Brighton wood. Few flowers – not many Ranunculus & only one V. pedata

May 2. Walking from Burstline to Camb. took Priests wood (by Mr. Lynam's) in my way. Found many of my Panax trifolium [L] & ~~from~~ beds of Ulmaria & Cynanchum – but no violets at all. all are late this year, apparently. After lately losing my Comet (a rare thing for me) got across to Brighton heights. & found Viola pedata & Pyrus Betulifolia. Scarce any Columbines out.

Before starting went about near the lands – anemones in Covens – no violets. Spring decidedly behind last year.

May 5. Went with Chas. Norton to the marsh & into near Trotting Track & thence across the meadows to Fresh pond back road – Fetts Woods which with Pyrus malus – but no sign of Abrotia or Mongantier – no Viola pedata, but fine V. palmata – many anemones & many Anthoxanthum Caffulata – Convallaria only in bud, scarcely that – few flowers altogether. Nuphar advena very early.

Coming back stopped at the Milbers in Cragie Estate where old Mamie says she & Woodward found Corallorhiza Verna, not down in Brighton – no sign of it but there found Com. multiflora in bud & Ulmaria – the nearest place for these?

May 6. Round ½ mile from Div. Hall – found nothing special but the Trichium. Arum triphyllum stemed to have deserted its old Cragie road locality.
Thaxter gave me the beautiful double-rooted Anem. Thalictroides, found lately in Watertown. 3 spec.

May 7. To Mt Auburn stands for Cypripedium – couldn't find the dell – said it was

Cambridge. 1835.

May 7.		Trifolium repens.	Nr. Auburn road.
	r	Coptis trifolia	Wood E. Fresh pond avenue. h also Dracoma stroob. Waterhim
" 9.	r	Arum triphyllum [Ribes floridum. see apr. 20]	Pond in Brighton - next day in Brookline
	r	Ranunculus sceleratus.	Grow at S.G.P's.
" 10.	r	Prunus borealis	Richards pond. Summit, various parts. h.
	r	Sambucus pubescens.	" " - " N.W. declivity. hh
		Laurus Sassafras. in bud	" " - Rocks W. side, near pond. h
7t.	r	Andromeda polifolia	" " - Bog Eastern border. hh
	r	Lycopodium complanatum.	Ground Everywhere - Lincoln Jr. requested them.
	r	Veronica officinalis	- S.G.P's Swale.
" 12.		Vaccinium disomorphum	Near Dr. Gale's
		" corymbosum	
		" vitis idaea.	
" 13.		Chelidonium majus	
		Ranunculus bulbosus	
	r	" abortivus	
	r	Pyrus arbutifolia	~~Fresh~~ Swamp W. fresh pond.
80.	r	Uvularia perfoliata	Walden River bank near Hosp. h [Rickds pond]
	r	Viola pubescens	
		Rubus trivialis	
	r	Pedicularis Canadensis	

plowed up? Thence to Arsenal woods - no sign of Lupine or Viola pubescens - Columbine partly out, not wholly. Thence to the low wood E. of Fresh pond avenue, to look for Tuckerman's Convallaria trifolia - but found no sign of it - but Coptis trifolia out in C.

May 9. Cut across to look for Viola debilis in Brighton pond, but found only Arum & the true Ribes floridum wh. I so blundered about. The garden currant is only naturalized.

May 10. Satg morng left for Lex woods. To Richards' pond via Peirce's (Lexington) woods, where got much Panax trifol. But on turnpike where Houstonia longifolia used grow, not found none. To the pond - Andromeda Calyc. & polifol. later got to flowing as once? The other side - Cornus Florida not out though it was same day last yr. - witch elder. Along a path leading N. from mill & brook - then up N.W. side of summit - more Rhododendron than ever before, a dozen shrubs - strange place it is. To the summit - they have cut down one great tree - but by upper entrance I cut right across through all sort of woods, to Pattee's mill half lost my way - but came upon Viola debilis in most grand order, bushes. Nothing else good.

May 12. Round near Div. Stale. Made Vaccinium I have not yet visited but hope to do so see long.

May 13. Walked with Cabot to a marsh beyond Fresh pond where Tuckerman found Conv. trifolia - the marsh in Lanscracks & then came round the pond - saw Arabis & Geranium in bud: Conv. bifolia & Trientalis not out. C. maculiflora out. Thence to woods toward Arlnd, found at last yellow violet & blond. perfol. but no Lupine. Very pleasant ramble.

May 14. Set out with Tuckerman for Wellington's Hill at 2½ P.M. Straight up there, stopping only at V. debilis copse. At Brown's we found various things, I pointed out more than I had ever seen. There is a sp. of Lichen growing under rocks there which grows nowhere else within 150 miles. Fine view

May 14. r *Geum rivale* [Woods & marsh near Div. Hall]

85. *Geranium maculatum*

Calitriche vesna

Carex uncops. #

Osmunda interrupta. #

r *Equisetum hyemale.* Brown's. Watertown. L

90. r *Rubus Savatilis.* Big? *R. neglectoides.* Beck. do L.

15. *Arenaria rubra* Road side. Cambr port.

16 r. √ *Prunus Virginiana* Copse back of W. Cambr. road.

r. √ *Rhodora Canadensis.* Near Rac course L

18 √ *Berberis vulgaris.*

Fraxinus Americana
Juglans Cinerea
Quercus alba
" " " *ilicifolia*

19. r √ *Fragaria Americana*

√ *Potentilla simplex*

r √ *Stellaria longifolia*

20. r. *Silene Pennsylvanica.* Roadside in Newton - near L
Corydalis glauca. —[See opposite p. 11.] Charles River
Barbarea sativa } Nov. Big. [also Wellington's Hill.

Arum, Trillium &c. Geranium & Convallarias just opening — Trientalis not yet. Jaunter along in a meadow found Euon rivale — then thence the wood below i. road in search of Dracena & Smyrnium locality, not found them not — shall we? I am determined to master the forms this summer — & other Cryptogamia. Cut across to Wace Waterton & Camb. road & diverge & home past Mt. Auburn — where we stopped & refreshed — I enjoyed the walk much; E.T. has not got for all his zeal up. but we shall be. more walks together & I expect to derive much benefit from him; just when I am hoping to prosecute Algæ. & to study Dr Gray's admirable work.

May 16. "Found the fresh Rhodora in the woods" or on the meadow earlier by the Nacchinde. — saw Menyanthes leaves only. Also Wild Cherry scarcely out. The Anemones & Uvularias & ~~Dracena~~ Erythronia Bailey's road.

May 20. Went to Goddard's wood in search of Corydalis — got but one little sheaf — none seen at Richards' pond lily sister. But see May 23 for it. — Also, is Krigia Virginica driven from the Goddard vicinity & James Amory's plowing up?

Cambridge. 1835.

May 22. Cochlearia armoracea } Mt meadow & N. Conc. turnpike.
Cardamine Pensylvanica
Barbarea praecox? [not in Big. E.F.]

Dracoena borealis! in bud. } found near E. F. (says) in Prince's (Lyman's) wood. L
Convallaria stellata. } Wood S.W. Bonnis, below — L
— Willington's Hill — Brookline L

Microstylis Virginica. in bud. Wood near Waltham — also near Div. Hall Canal & R pond Bound.
Erigeron bellidifolium Willington's Hill
Arenaria laterifloria Conc. turnp. opposite Mr Lee's
Myosotis palustris

~~May 23.~~

May 23 Ranunculus multifidus. Pond between Prince's (Lyman) wood & Brighton rocks. L
~~Dracocephalia~~ nudicaulis } . . . . . .
Cornus Florida } . . . . . Rickis pond Lin. L
Cypripedium acaule
Hypoxis erecta. —
Myrica Cerifera. E. Sid pond. N. big rock
Convallaria racemosa.

[Gray. Alopecurus geniculatus. Pudd. Worcester turnp.
Lichens. { Umbilicaria vellea. Rock Tripe. } Brighton Rocks.
{ Sticta pulmonaria. Lungwort.

May 22. Walk from 10 to 3 to Wellington's Mile stopping at a marsh N. Conc. Twp. where found then commonest wet plants. Thence to Brownie's & hyped in search of Dracena sth. found at last only in bud. The prime leaves to be seen clinging somewhat & leaves broken packed. First wood hyped Brownie, back of them to the left. In the other wood found a few Conv. striata, the locality for sth. was known. Thence up on the hill to the top, nothing new, only some Silene Pennsylvanica along the road. Home via Wattstown, Longissimus Viam, getting slightly lost. Stopped at Mt. Aub. Twp. House.

May 23. Started for Richards' found with Fairchild at 6½ – he hung back at first, but got fully into the spirit thereof & we had a delightful time – a perfect day. Gone 6½ – 12½ – 6 hrs. say 12 miles, equal to 18 or so. First took Brighton village road – then across the upland toward Bowline, stopped at high Brighton rocks, & he got Lichens – then struck across for Price's (Lyman) wood – for the Pansy trip, which we found fully out & gathered – also one plant of Dracena borealis! my northerly locality. ~~Then across~~ Going, say, on the way across there one East-wood led under rocks where grew a quantity of Corydalis glauca of sth. I found no lich at Bowline – & in a pond close by Ranunculus multifidus sth. he was delighted to see. – Stops to Richards' pond, Utricularia not got, nor found dandy bugs. – some leaves in the water he thought belonged to Ranunculus fluitans or Myriophyllum umbellatum – in which case northerly. Found Andromeda polifolia (as 10th inst.) & on other side Cornus Florida & Sambucus pubescens (10th inst.) sth. I visited Dodson E.T. Out W. Lutchen to wood & came home by S.G.P's Cairn home, to show him Lyman & J.K.P's houses, I stopped & got lunch from the Lapland (N. to P's) & we Eat mad & hotten walking along – altogether a delightful jaunt – E.T. got his Enthusiasm completely up & we planned future trips.

May 26.	Myosotis arvensis	Arsenal woods.	
	Ranunculus acris		
	" repens.		
	Potentilla anserina	River salt marshes	
	Triostum perfoliatum. in bud.	Mt. Auburn	L
	Netula rubra.	Mt. Auburn & woods beyond.	L
	Uraspermum ~~Claytoni~~ hirsutum	Arsenal woods	L
	Triglochin maritimum	River salt marshes	
	Trifolium pratense.		
" 29	Chrysanthemum leucanthemum		
" 31	Cornus Canadensis	Sutherland woods. Burlington	L
	" alba	Roxbury do	L
June 4.	Iris versicolor		
	Sisyrinchium anceps.	Marsh near the Nonant.	
	Vicia sativa		
	Veronica scutellata		L
	Apargia autumnalis		
	Achillea millefolium		
	Robinia pseudacacia		
	Kalmia angustifolia		
	Raphanus Raphanistrum		
	Malva rotundifolia		

May 26. This was a morning walk in Manchester, beat up the Mt. Auburn & the Medical Bread Legend. Found no Lupine or Vetch & for Viola pubescens.

May 31. This was on a visit with Mr P & Mr C round of the Community. Stopped in Petersham. ~~Plants~~ of Cornus Canadensis & Cypripedium much diminished — Calla & Houstonia longifolia not to be found. The Calla place has been cleared a little & the Houstonia I cannot exactly locate.

June 4.

Walk of some Extent. First through Dutch barn meadow — found no Arethusa, though a man I saw said some there called Cypripedium — where can that from? — but Vicia cracca as opposite. I want to find Vicia cracca & Lathyrus palustris.

Up to Swamp by Rail Circle — the usual flowers. Arethusa, Orchis spectabilis — Rhodora passed — no sign of Cornus canadensis ~~[illegible]~~ Lupine or Cimicifuga, found in 1841.

Thence into a low thick Chestnut wood legend, found only one Cypripedium. Struck S.W.; came to a cart road. Found Andromeda racemosa on the edge of the thicket. Got into a thicket & had to climb a tree to make my way out, or rather it was

June 4 (cont.)	Rubus occidentalis	
	" strigosus	
	" villosus	
	" pensilvanicus	
	Vaccinium ~~[illegible]~~ pennsylvanicum	Pine island. West Camb. boundary.
	Scleranthus annuus	Cultiv. field W. do
	Spergula arvensis	
	Silene antirrhina	
	Andromeda polifolia	West Camb. by the Pig Establishment woods.
	Sparganium simplex	" " - Little Pond.
	Viburnum lentago	" " - Roadside do do
	" dentatum	" " - Concord Turnpike.
	Arethusa bulbosa	Marsh near Rail Road.
	Menyanthes trifoliata	
	Sarracenia purpurea	
		(25)
" 5.	Vaccinium corymbosum	
	Cistus canadensis	Brookline Silas Pride's woods
	Aralia racemosa	
	Rhus vernix	
	Solanum nigrum	Brookline - Rugg's woods
	Cucubalus Behen	
	Ornithogalum umbellatum	
	Smilax rotundifolia	
	Solanum Dulcamara	
	Lycopersicum esculentum.	

stem sister trees, growing beautifully together ▮ making a cylinder or third brother.

Then my way out, due S. & came out in a large Piggery. Along the N. side of that grew much of the same beautiful dwarf maple valencia.

S. N. one digging a middle ditch - past that heard a railroad, past ~~some~~ a wickgate, ~~then~~ joining the road to N. Cant. from the Concord turnpike & coming into a little pond. S. West bat - and bitten pond - creeps to spy Pond & go among the mud ~~up it~~ S. that - & then letters & breakfast. Time noting at little pond but a pargonium - + a cap like this floating - what is it

June 8	Hieracium venosum	Brookline	
June 11.	Hottonia inflata	West Cambridge	h.h
	Equisetum uliginosum	Marsh S. Conc. Turnp. 5 miles	h
	Lysimachia thyrsiflora		
	*Salix pedicillaris - passe	also Watertown. S. Brown's Borrowhie, near R. Pond.	r
	Oenothera pumila		
	Melampyrum Americanum	Woods W. do.	
	Orobanche uniflora		h
	Smilax peduncularis		
	~~Celastrus scandens~~ Glossopetalum ramulatum	West Camb. Conc. Turnp.	
	Rosa rubiginosa		
	" ~~scandens~~ micrantha		
	Cynoglossum officinale		
	~~Echium vulgare~~		
	Rhus vernix	Watertown - S. Brown's	
	Uraspermum Claytoni	West Camb. Brown's	h.
	Allium Canadense		h
	Sambucus Canadensis		
	Erysimum officinale		
	Anthemis cotula		
	Erigeron strigosum	By R. R. depot - Porter's	
	" integrifolium		
	Amaranthus hybridus		
	Galium septentrionale 21.		
	Prunella vulgaris		

June 11 Had induced to this trip by Hill's finding the Hottonia (located by Brighton at Newton & Dorchester & Walker vaguely up on the Conc. Turnpike about 5 miles. So took the cars at 3 & went to Willington's hill – thence up the turnpike. & in a mile or two struck off behind the houses into the marsh to the left – there found Hottonia & other things – learned of Menyanthes also. Got a good bog back & then along the turnpike – up into a higher wood where was nothing special to see. Got back to the turnpike by Beaver Brook & on the other side of the turnp. to find on the Lexington border found a great deal of Arethusa bulbosa, (tho. by the way I have not found it alive in Boston. It is seen the stence) Came back straight along the turnpike, only ~~for 1 hr.~~ when at top of the hill struck off & down towards Woburn – there hunted in vain for Adlumia place – it is singular, but I hope to find it again. Home. Found an unusual no. of new things. & walked 10 miles or so.

Lexington Monday, say 6 miles fr. Camb. Willington's hill 3½ miles

Brighton village. 3 miles. S. G. P's. Brookline. 4½.

Richards pond across fields. 5¼.

June 14.	✓ Fumaria officinalis.	Roxbury. Sept. in H's garden.
	✓ Aethusa cynapium	
" 17	Cichorium Intybus.	
	Leonurus Cardiaca	
" 18.	Potentilla Norvegica	Near Charles River – also Sinards.
	Galium trifidum	
	" circaezans	
	" asprellum	
	Rubus semperviens	
	✓ Azalea viscosa.	
" 20.	Genista tinctoria	Camb. Hick back Propriors Row — h
	Mitchella repens	Brighton. Berkhire
	Lysimachia quadriflora	
	Villarsia lacunosa	h
	✓ Scutellaria galericulata	h
	✓ Cymbidium pulchellum	Brookline. Richards pond — h
	✓ Arethusa ophioglossoides	h
	✓ Vaccinium Oxycoccos	
	✓ Lycopodium clavatum (Aphyllosa adsna)	
	Pyrola asarifolia	Newton
	" rotundifolia. in bud	Brighton
	" umbellata " "	
	Verbascum [illegible]	

June 14. These two things which I have wished long to see. I found on S. H's ground - the former at a seed in the garden - the latter further back, in the corner by Johnson's (late) house.

June 18. Set out for a walk up by the river side to Cook, Mr Stillings pasture's Mr. Thackeman said grew there - found only the leaves, three bird nests & mostly broken. Did not feel like walking & came back short of Mt. Aub.

June 20 Had a long talk with Thackeman & Concord in the cars & walked down over the line. Thought that at the last moment Lithosts interfered & prevented - but I was determined not to cheate my walk so started off at 7½ for Richard's pond & Newton Upper Falls. To Brighton village - up Mt road on the right hand side, & when that struck another road went into the field & struck across through woods principally passing the N/B boundary post & came out on the road across behind Richard's pond for Moosetown Thomp. Then across a field or two down to N.E. edge pond. Here found Cranberry, & along the wet edge of pond more of Arethusa Ophi. & Cypripedium than I ever saw elsewhere. At the high East neck looked for my special object the least Thackeman took for Ranunculus aquatilis & behold a new beautiful flower floating, which turned out to be Villarsia. Round that side the pond & found in the ditches Hottonia inflata - so I have a locality as good as Hill's Concord turnpike one. Round the other side pond - up over the hill - across three bridges to Turnpike again - followed up that 2 miles & turned off near Newton Upper Falls the South road towards river.

June 23. Hypericum perforatum
Rhus glabrum.
24. " typhinum
Antirrhinum Linaria
" canadense
Apocynum androsaemifolium
27. Asclepias quadrifolia — Waterton. Nichols behind Thayer's
Arenaria serpyllifolia — " . Stitch by "
29. Epilobium angustifolium — Brookline. opposite Boylston Clark's
Polygonum Persicaria — "
Andromeda paniculata — Near Div. Hale – near Jerk pond.

July 22. Lysimachia stricta
Convolvulus Sepium
Sagittaria latifolia
Pontederia cordata } Jerk pond. N.E. side.
Utricularia ~~Helpatis~~ vulgaris?

6 &c. Trifolium arvense
Vicia maculata
Geum
Asclepias Syriaca
Cnicus lanceolatus
Onopordon Acanthium
Podalyria tinctoria
Ornithopus Perpusillus

July 8.	Bunias Edentula	Beverly. – beach. Ober Point.
	Lobelia Dortmanna	Hamilton pond near Beverly.
11.	Hydrocotyle Americana	Wakefield. (N.C.) Burns
	Epilobium lineare	" meadow above "
	" Coloratum	" R.R. bridge " "
	Lilium Canadense	" woods above Burns & opposite Pump.
	– Sium latifolium	By Fresh pond.
	Parnassia latifolia.	
15 dc.	Castanea vesca	
	– Verbena urticifolia	
	Saponaria officinalis	
	Plantago major.	
18	– Spiraea tomentosa.	
19.	Lilium Philadelphicum	Brookline Richards pond.
	Anemone Virginiana	
	Monotropa uniflora	
	✓ Mimulus ringens	
	Leanothus Americana	
	– Lysimachia ciliata hybrida	
	✓ " quadrifolia	
	✓ Aster cyaneus.	

July 23.	Alisma Plantago	
	Gratiola aurea	Edge nat. S. side fresh pond.
	Cicuta bulbifera	
	Apocynum Cannabinum	
	Eupatorium perfoliatum	
	Lycopus virginicus	near do. S. side "
	Mentha borealis	
	Aster spectabilis	
	" diversifolius	
	Eupatorium Ageratoides	
	Silene linearis	Bitch W. side
	Pycnanthemum Flexuosum	
	Campanula Rotundifolia	W. side point by old Scattmuck.
	Cephalanthus Occidentalis	Conc. Turnpike
	Polygala sanguinea	Near Dr. Hale.
	Nepeta Cataria.	
27	Melampyrum Lineatum.	S. by Pond yard - Brookline
July 29	Helianthus occidentalis	
	Solidago altissima	
	Inula Helenium	
	Prenanthes alba	
	Verbena hastata	
	Eupatorium purpureum	
	" Urticifolium	

Brattleboro', Vt.

Aug 1.	✓ Orchis fimbriata	
	Habenaria nudiflorum	
	✓ Gaultheria procumbens	
	Cassia Marilandica	L.S.H near Thomasville
	Myosotis virginiana	Garden.
2.	Gerardia flava.	Burnt wood
3.	✓ Polygala sanguinea	Whitney's Trace
	✓ Eupatorium ageratoides	Near the River.
	✓ Potamogeton	River — End of Scammatta.
4.	✓ Circaea lutetiana	Mac Whistine Brook upper Falls.
	✓ Lysimachia ciliata	
	✓ Apocynum cannabinum	Near Whetstone Brook.
	✓ Scutellaria lateriflora	
	— Rubus odoratus	
5.	Polygonum cilinode	Mountain brook.
	—	
	✓ Chelone glabra	
	— Campanula rotundifolia	
	— Lobelia syphilitica	
	✓ " inflata	
	✓ Mitella diphylla	
	✓ Tiarella cordifolia	

Trip to Connecticut, & Sea Shore.

Aug 9.	✓ (pressed.)	Melilotus leucantha [Beck]	New Haven.
11.	✓	" officinalis	Sachem's Head. Guilford &c.
"		Salsola Caroliniana.	" Rocks &c.
12.		Sarothra Gentianoides.	" Sandy roadside
	✓	Ranunculus flammula	" Ditch by "
	✓	Veronica Scutellata	" Fields.
13.		Plantago maritima	
		Arenaria marina	
	✓	Salicornia muricata	" Rocks. &c
		Cactus opuntia. cultivatum.	
	✓	Glaucagallis arvensis	
		Gerardia maritima	" Salt marsh.
17.	✓	Hibiscus palustris	" ~~marsh~~ & borders
	✓	Conyza camphorata	Guilford. — abundant.

August.	—	Bartsia Gerardi	Sachem's Head.
		Dalura Stramonium	"
		Teucrium canadense	"
18	—	Cassia Chamaecrista	on New Haven & Meriden. Ct.
		Phaseolus lutescens. [Beck.]	on the sands through wh. R R passes.

Brattleboro' N. Plain.

August 25. Gerardia purpurea
" 27. ✓ Glecoma hederacea
" " ✓ Ranunculus filiformis
" " ✓ Bidens bipinnata
" " ✓ Lobelia Cardinalis.

" 31 ✓ Aster Puniceus
" " ✓ Hamamelis Virginica
" " ✓ Senecio Aureus
" " ✓ Hieracium marianum
" " ✓ Trichostema dichotoma
" " ✓ Polygonum sagittatum
" " Solidago bicolor

Autumn at Cambridge

Gentiana Crinita grows in great profusion in swamps near Belmont
" Saponaria also found there & at Cb's.

1836.

March 7.	Alnus serrulata	Cambridge.
" 27	Hepatica triloba	Mt. Auburn.
April 9	Ulmus media	
" 17.	Thlaspi bursa pastoris	Hospital land near Div. H
" 18	Equisetum arvense.	
" 20	Houstonia caerulea.	
	Potentilla sarmentosa	Back of Palfrey woods.
	Anemone nemorosa.	
	Viola ovata	Near Lee's & Willington's hills.
	" debilis	Copps, its special habitat.
	" blanda	Arnaldus near.
	Caltha palustris	
	Sanguinaria Canadensis	
	Mertensia virginica	Brookline
	Erythronium Americanum	
	Laurus Benzoin	
	Skyjiopsis malis	
	Aquilegia Canadensis	Willington's Hill
	Gymnopteris plantagineum	
	Phegopteris Americana	

Hepatica grows in abundance on the highest hill at Mt. Ararat, and in Rosie Ridge Path &c. Also it grows also on Worlington's hill – Date I think of Mr. Knapp.

Apr. 20. Plenty of Houstonia – I saw one in full flower (18.) – Fr. Potentilla – large clump of it in bloom in a sheltered place.

Afternoon up to Thomas's & Worlington's hill & everything almost as forward (or quite) as on Apr. 29. last year when I took just the same walk. The earliest spring wildflower for me.

In the afternoon found very delicate, scarlet, but – no flowers – the plant known at Thomas's – Lycopodium sieglesbeckii, I think. On Worlington's hill plant of Shepherdia – Cornus not quite out. Found many Pitcher's for Wintergreen blossoms.

Date from Sanguinaria worth for 20 days.

Superstitious arrivals at the house – high I expect. Shooting from the March snows.

1846

April 24. Leontodon Taraxacum
Medicago Lupulina } Mt Auburn road.
Trifolium repens
Lamium amplexicaule
Ranunculus Ficaria latus } Arsenal woods – this end.
Anemone Thalictroides.
Thalictrum dioicum.

May 4. Viola pedata
" cucullata
" ~~debilis~~ pubescens.
Panax trifolium } The old place in Brookline
Ranunculus multifidus. } Pond in Brighton, as last yr. M. 23.
Rubus saxatilis or agrimonioides. } May 14 last yr. Brown's.
Pedicularis Canadensis

" 5. Ranunculus bulbosus
Plantago lanceolata
Rumex acetosella
Glechoma hederacea
Vaccinium ~~Andromeda~~ – several species
Coptis trifolia Waltham Arsenal woods.
Chelidonium majus
Uvularia perfoliata Waltham Anemone-wood
Geum rivale.

Apr. 24. Went to the place where Mr. found the Adelia [illegible] & copse, behind Seaman's house on the Waterton road — found none, but plenty of pine blue & white violet buds.

Stopped on the way at this end of Thomas wood — & saw Lace fringe up there — near it found Ranunculus fascicularis rare.

May 4. To "Panay trifolium wood." Afn. 2 to 4 pm.
Via Brighton where I stopped to obtain the fair. Then up to high rocks in the lane to see prepedia of Columbine. Shelley showed the shelter cut in the dentalia, on the lane we discovered last yr. In the [illegible] of that lane, in a close on this side the Panay found violet — [illegible] by a dead [illegible] tree, from leaves of [illegible], [illegible] and [illegible]. Good people with P. pedata on the high rocks near pond beyond.

May 5. To Waterton "Thomas wood", thence to "Fremone wood" Not in flower, and no trace of Viola pubescens anywhere: found a bracine leaves near the shelter little bridge — where I did find it: I just expect it in the mossy hummocks "Coptis trifolia". Nor did I find Uvularia perfoliata there but we specimen at the Fremone wood, where now no Adelia seed. Found also Malus angustifolia, a shrub a mushy fruit [illegible] on the island where so much Convallaria grows

1846.

May 15.	Trientalis Americana (seen 12th)	Near Dr. Hale
	Saxifraga Pennsylvanica (a. before)	
	Convallaria bifolia.	
	Prunus Virginiana	
	Geranium maculatum	
	Lepidium	
	Pyrus arbutifolia	
	Hedium umbellatum	
	Stellaria longifolia	
	Potentilla simplex	
	Viola lanceolata	
	Rhodora Canadensis	
	Menyanthes trifoliata	Near Trotting Track
	Seleranthus annuus	
18.	Arenaria rubra	
	Veronica serpyllifolia	
	Chrysanthemum leucanthemum	
	Trifolium pratense.	
21.	Arenaria serpyllifolia	Near N.S. Richards, Fresh pond } also
	Uraspermum hirsutum	Hill N.W. of do } A. Stud & E. Ellis.
	Ranunculus ~~abortivus~~ sceleratus.	" " " "
	Silene Pennsylvanica	N.W. Fresh pond, E. of gravel pit
	Arum triphyllum	Lane leading to Pine Island. Swamp.

21. (cont.) Cypripedium acaule. — Usual mode, finished end, since when Cypripedia grow. (Aug 8)

Trillium erectum

Aralia nudicaulis } do. Delta.

Ranunculus repens

Nuphar advena

Berberis vulgaris

Rubus hispidus

" strigosus.

Cochlearia armoracea

25 were sent to me, half pressed, from Bratleboro!

Asarum Canadense

Staphylea trifolia.

25. Sisyrinchium anceps — College yard.

Potentilla argentea.

Ornithogalum umbellatum. — Delta

1836

June 1.	Robinia pseudacacia	
	Orobanche uniflora	Mr. Lank first found, by Prof. Gr
	Convallaria stellata	March below Wilmington Dele
	" racemosa	
	Aralia racemosa	
	Senecio aureus	
	Veratrum viride	
	Solanum dulcamara	
	Iris versicolor	
	Sarracenia purpurea	
	Veronica scutellata	
	Cornus alba	
	Actaea rubra	Waterton
	Myosotis palustris	
	Ranunculus abortivus	
	Oxalis stricta	
	Aralia nudicaulis	
	Cardamine Pennsylvanica.	
June 6.	Cucubalus Behen	

June 1. To Willing's Hill & Waterstown.

Dirigo & Br. ride best part in hope of the long sought Cornellania hippia but in vain — found (as last time) some leaves at entrance thicket wh. I thought might be it

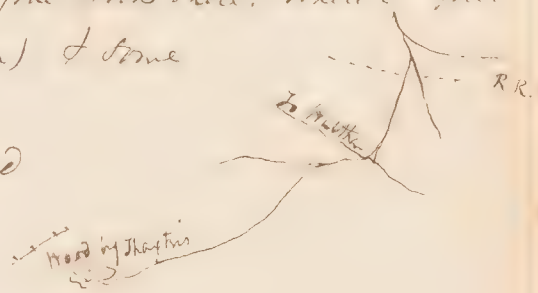
Brown's & Grant alone at Dunmel.

Kept along Waltham road. The road meeting here are in lopeless confusion & not right on my map.

Dirigo at the R.R. crossing — some fine wood there. Heard from the Vireo (Chush), Silene Pomm. (Chumm) & some lingering Columbines & Anemones.

Thence down Fatty the left hand road wh. they tell me the wrong way, N.S. East of the wood behind Baxter's.

Here I crossed, for certain objects.



Whole walk (3–8 Pm.) over 12 miles.

Old Josselyn, who said in 1672, that the country north of the mountains in New England, "is dauntingly terrible, being full of rocky hills, as thick as mole hills in a meadow, and clothed with infinite thick woods."

1846

June 1.	Robinia pseudacacia	
	Brotanche uniflora	Mr. Cook's Rock pond, by Grandfr
	Convallaria stellata	Marsh below Millington's Lile
	" racemosa	
	Aralia racemosa	
	Senecio aureus	
	Trillium viride	
	Solanum dulcamara	
	Iris versicolor	
	Sarracenia purpurea	
	Veronica scutellata	
	Cornus alba	
	Actaea rubra	Watertown
	Myosotis palustris	
	Ranunculus abortivus	
	Oxalis stricta	
	Aralia nudicaulis	
	Caudamine Pennsylvanica.	
June 6.	Cucubalus Behen	

June 1. To Willington's Hill & Waterston.

Drove & R. ride. Went past in hope of the long sought Convallaria keyphia but in vain — found (as last time) some leaves at entrance thicket wh. I thought might be it

Burnt & Dwarf elm & wenal.

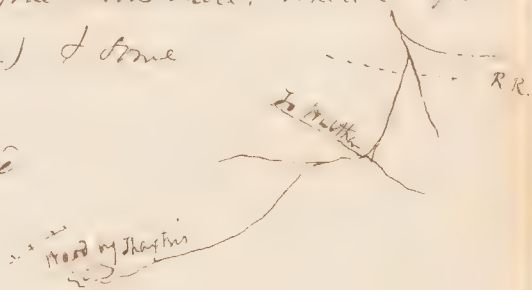
Kept along Walham road. The road meeting here are in hopeless confusion & not right on my map.

Drove at the R.R. crossing — some fine wood there, where I found the Jeffrea (Church), Silene Pennsl. (Common) & some lingering Columbines, & Trientals.

Thence dim. tacking the left hand road wh. keeps the wrong way, viz. East of the wood behind Thaxter's.

Here I crossed, for certain objects.

Whole walk (3-8 Pm.) over 12 miles.



WANTED—A man of liberal [illegible] perceive the advantages of an opportunity now offered for making money largely by a regular and [illegible] moderate expenditure for widely extending a [illegible] and standard demand for a manufactured product, at a large profit for cash. To one who is pecuniarily for-

1836.

June 4.	Genista tinctoria	Near Dr. Hale.
	Cynoglossum officinale	Conc. Turnpike
	Arethusa bulbosa	
	Diervilla Canadensis	Copse in marsh, near Hottonia
	Galium septentrionale	
	Achillea millefolium	
	Kalmia angustifolia	
	Rhus vernix	

To Lexington Monday on the Concord Turnpike.

Some birds at Spring H. last yr. but found not nearly so much - perhaps did not look so hard, for this year my observation has languished. Could be no Warblers especially. Many Thrushes, but hider the road. A Veeery in an hour's walk along the brook.

Returning via Bedford & Wellington's hill & passed some beautiful fields in sight mixed by a trolley - then to Lexington.

Walked some 15 miles.

Homer gives 4 cubits high & 1 broad as proper bravely proportions. Vitruvius gives 6 Roman ft. as the usual standard. Christ's Coll. beds ought to be 6 ft. long. Ancient doorways no higher.

Curios. Med. Experience.

Gibbon relates that the Roman armies when encamped were exercised daily like young recruits & with heavier weapons than they were to use in battle. (Torkam 145)

Quetelet found (p. 61.) young Englishman taller than Frenchman or Belgian. 80 Cambs. students average 5. 9 3/4 (They are measured & weighed accurately by university. Note by tr. on effect of difference of race, & this unchanged for yrs. Also, longitudinal growth may sometimes add an inch to height. Results & observations tr. thus disguised identity.

"Voltaire & others describe Louis XIV. as very tall — would suppose him very near if not wholly 6 ft. When (79) uncovered his bones, it was found he did not exceed with all allowances more than 5 ft. 8 inches. So much did Count Daru struggle to Voltaire. (Athenæum. i. 207.)

2

Fascination of health

I remember when I went away to analyze the mystery the fascination of this gay stranger x x & it seemed to me x x that it was to the contagious vitality of that [illegible] of all gifts in high spirits & perfect health: the health which is it, of the most exquisite kind, which finds happiness in the mere sense of existence, ~~and in it~~ diffuses itself like an atmosphere, the harmless hilarity of its bright animal being. Health & the instinct perfection is seldom known after childhood; health & the utmost can't be enjoyed by those who overwork the brain or admit the dire wear & tear of the passions. The creature I had just seen gave me the idea of youth in the golden age of the poets. The youth of the ancient Arcadian before nymph or shepherdess had roused his heart with a sigh.

Bulwer's Strange Story. Ch. [illegible]

5

— ancient instances. Hufeland — gr. in Van Oven. 57
— 1 " & Dodson, with portraits. Sinclair.
Petrovsk Zaretan in Russia, well established. d 1724 aet. 185.
— Buffon & Cornaro say 100 yrs. the natural term. Flourens. 19. 51
— Madden's tables of ages & mins. of men of diff. professions. Milligan 407

Haller collected instances 1111 over 100 — Hufeland. IX. 179 — Van O. 57 Flourens. 19
Easton " 2170 — Van Oven p. 59
Bailey (by Estridge) 3200 — (though 4 yrs. later than Van oven
Van Oven 6201 — but only 2600 individual cases rest fr. Russian & other tables.

Luckhart has elaborate tables. Bell. 393

Longevity

Fowler's — gain in Fruch. Bonetin. II. 65.

Records of Longevity with Introd. Discourse on Vital Statistics by Thos. Bailey London. 1857

Jenkins well authenticated, 169. often swam in rivers after 100. d. 1670. Butler & fisherman.

Parr 152 d. 1635. first married 80; illegitimate child at 105, married again 122. Died from change of air & food, might have lived for many years; body dissected by Dr. Harvey — perfectly sound. Farmer, Cored chest at 130.

		living in England		
In 1821	there were over 100	— 100	— women	191
1841	died men " "	29	"	81
"	" 80–100	9297	"	11,761

Large proportion in both females, viz. he attributes to sober & temperate lives, & active habits in age.

Per contra. "It is usually considered that females live longer than males & the gov't annuity tables & those of several insurance companies are based on this supposition, but although this may be true up to the age of 70 or 80 yrs yet I believe that more men than women reach a very advanced age. Mr. Easton's list of 2170 lives exceeding 100 centarians only 853 females. Van Oven. p. 59. who gives nearly 7000

Quetelet has dolmatic tables. Bell. 393. says more live longer in towns & men in country. 150 d. above 5 years on whole. more women to reach on whole.

Hufeland also says — more women old, fewer very old.

Longevity

Herodotus says when Cambyses sent ambassadors to the Macrobians [long lived] the latter asked what the Persians eat & how long lived. He was answered that their greatest age was 80 yrs & that they lived on what they called 'bread', a mass of crushed pulse & the like. At this he remarked that he did not wonder at their living so long who fed upon such rubbish & that probably they wd. not live even so long if it were not for the wine they drank. — The Macrobians he said lived 120 yrs & their food was boiled flesh & milk. Dickson. 229

I once heard a venerable Lighth radical of note with Dodge with much emphasis "ill health is sin" do 229

longevity

Hufeland's points. – pp. 157-171.

1. Age of world no difference. 2. climate none.
3. Rate of mortality no difference, or else inverse.
4. Extremes of altitude bad. 5. Ditto of temperature
6. Uniformity good. 7. Extremes of degrees & moisture bad.
Islands & sea better.
8. Cold soil worst.
9. Sup. Dem. Ser. Norway best. Abyssinia, W.I., Guinea worst.
10. Simple moral life best.
11. Slaves & Foundlings worst.
12. Moderation in all things.
13. Marriage best – not one unmarried person. Comp. p. 230 II. 192 Van O. 67.
14. More men than women great age – as before.
15. No instance of idiot attaining great age. So Rush. Van Ovm. 54.
16. Rich nourishing food & much flesh not so good as other extreme. So. II. 249
17. "A certain degree of cultivation is physically necessary for man & promotes duration of life. The wild savage does not live so long as man in a state of civilization. p. 169.
18. To live in country best. "The smallest degree of mortality is one in 60 annually & this is to be found only here & there among country people. p. 170.
19. In some instances of great age, a self generation of hair &c.

Hufeland has directed the bod. of a man old at 40 – not of grey hair, but the cartilages of the ribs sh. do not become bones but at the greatest age, totally ossified. II. 114

Longevity hereditary: Thos Parr 152. son 113. grandson 109 & great grandson 124. Two other grandsons, by daughters 127 each. & other instances. (Van Oven 66.)

(Note) Rayesch observes that he never saw a person of 80 yrs. old whose ancestors had not also been long lived. (Van Oven 66.)

Intensity' description of St. Lepong's old age. Van Oven 191 fr. Dr. Watson

Montaigne says of Cicero & Sophocles "It gives one an appetite for old age". Flowers. 37.

Sir H. Halford has written on Climacteric Disease – thinks there is such a disease, aet 63. from 50 to 75 after wh. health may improve. described Beale. 260-1

Quetelet (p. 38) gives tables to show greater mortality of poor than rich in Paris &c. Also "it is calculated that one negro slave dies annually at age 5 or 6, while the free agricolas in Carolina only lost 1 2ma in 33.8. (Hawkins).

Tables showing influence professions on phthisis. 39.

Moreau de Jonnes table, [with additions p. another p. 26] See also p. 28.

		1b	2m. p. 44.			
N. Eur.	Sweden.	1754-1768	34.0.	1821-5	45.0	[1755-75 1/35 1775-95 1/37 1823 1/48 2m. 44]
	Denmark	1751-4	32.0	1819	45.	
	Russia			1829	27	Sir F. D'Ivernois
	England	1690	33	1821	38.	[Eng. see below]
				1821-31	51	Porter & Rickman
	Gr. Britain	1785-9	43.	1800-4	47	
	Scotland	1801	44	1821	50	
C. Eur.	France	1776	25.5	1825-7	39.5	[1781 1/29. 1802 1/30 now 1/40 Villermé Ch. 2m. 44.]
				1817-31	39.7	Ch. de Bourdeau Long
	Prussia	1717	30.	1821-4	39	
				1815-23	36.2	Balbage
	Poland			1829	44.	M. de J. (another table. 2.
	Saxony	1788	32	1825	45	
				1825-8	45	M. de J. (2)
	Belgium			1825-9	43.1.	Ch. de l'Oo. de Burt
	Holland	1800	26.	1824	40	
				1815-25	38	Rech. Stat. sur les pop. bas
	Austria	1822	40.	1825-30	43.	
				1828	40.	M. de J. (2)
	Switzerland			1827-8	40	
	Cant. de Vaud	1766	35.	1824	47.	
	Wurtemberg	1749-54	31	1825	45.	
S. Eur.	States Church.	1787	21.5	1829.	28	
	Lombardy	1767-74	27.5	1827-8	31.	
	Italy	~~1822-8~~		1822-8	30	M. de J. (2)
	Naples & Sicily			1822-4	32.	Hawkins
	Portugal			1815-9	40.	M. de J.
	Spain			1801-26		
	Greece	(1828)	Turkey in Eur. (1828)		30	"

Quetelet thinks this improvement exaggerated. 44.

In entire Rome, mean duration for 1000 yrs. any better classes 30 yrs. In corresponding classes Great Britain 50 yrs. 1 whole pop. 45 42 France (Power 30 p. 22) Tables of Ulpians (Sic. Alex. Severus) See S. Smith, Philos. of Liv. 132. [Bell. 25.]

In 20 yrs. fr. 1730-1749 74 children out of 100 died bef. 5

" 1810-1819 31 " "

England 1700 1 in 43, 1750 1/42, 1776-1800 (sic) 1/48, 1806-10 1/49 } 1816-1820 1/55 1826 sc 1/51 } Quetelet. 43 Marsh. 44 Rickman Beale. 285

Geneva [Mallet. Annale d'Hygiène et de Med. Legale. tome XVII] Gn. Bell. 23.

Accurate account since 1560. mean duration 1560-1600 21 yrs. 2 m.
1600-1700 25 9
1700-1800 32 9
1833 40 5

[The source of different Nations that hardships of savage life kill off weak, who in civilization live & have children.]

(Comp. Oxford.

Effect civilization on Longevity

/

Dr. Bisset Hawkins (Medical Statistics?) Lond. 1829.

Gives relative mortality as follows.

Havana, 1 in 33	England	1 in 60 [43.7 Bell. 27]	Naples	1 in	35
Martinique 28					
Trinidad, St Lucia, Guadaloupe 27					
Barbados 26	Pays de Vaud	49	Würtemberg		33
Bombay 20					
Zur. 27	Sweden & Norway	48	Prussia		33
Bourbon Mauritius 44.8		Gr. Lem. 46.92 Bell.	Holland. Zur. 27 note		30
Guanajuato. 19.50 Zur. 28.	France	40 [37.7 Bell.]	Lombardy		28
			Russia	27	Bell. 27

& rightly attributes the difference, rather to customs & food, & the advance of civilization, than to climate.

Thus in England annual mortality in 1780 1 in 40
1801 47
60

France 1781 1 in 29
1802 " 30

[as above
Compare Hufeland's 18th Jahrhundert. 1796. & Combe 278.

In 1817 scarcity of food in Lombardy & deaths 1 in 14.

Large towns [Hawkins] Quetelet 27.

Glasgow	" 46	Croeming			
London	1 in 40	51.9	Naples	1 in 28	52 (?) 29
St. Petersburg 2.;	37	54.9			
Berlin	34	25.	Rome	25.	24.1
Paris	32	30.6	Amsterdam	24	31.
Madrid	35 29	36.	Vienna	22½	–
Brussels	28	25	Venice & Bergamo	19 18	

MS. 14th Cent. 1 in 16. Villermé Gr. Bell. 26

These statistics show that human life crowds largest where men are most civilized & best clothed, fed & housed.

Lowell	1 in 47.6	N.Y. 37.8	Van Oven. 60.
Boston	41.1	Quetelet 36.5	
Baltimore	40	[Langstaff. 111]	
Philad.	38.5	41.3 [45] ~~Dunton says no difference.~~ St.	Quetelet gives Croeming's mean. p. 27. for Hawkins & Croeming
Savan.	24.4	T.P. Chr. St.	
N.O.	12.2	Ins. 1858	
		" 55	
		~~Gr.~~ Ins. estimate)	

Civilization & Longevity

In Tr. of Nat. Assoc. for the Prom. of Soc. Science, there is a paper by Dr. J. Smith on the Influences of the Prolongation of Life during the 18th Century in which it is incontestably proved that fr. 1690 to 1790 "a portion nearly equivalent to 1/4 the total period of existence has added to human life in the progress of a century." (Based on life annuity calculations)

Gr. Suppl. Brotherhood Journal. No 3. 147

"Is this opinion well founded, that human life, in consequence of the advances of civilization, is everywhere undergoing diminution in extent. The proposition may be doubted, if its converse may not be rather affirmed. Bailey. 273.

"The strength & agility of the negroes is well known & the S.S. islanders can vie in hardihy exercises with any. Stanley Saxon. Millingen. 91.

"The Saxon race, as a race, is the ablest in the world, but cactrics pearlins, they are not the strongest. The Celt is taller & stronger & so probably is the Arab. the Congo black, Malyneux, was stronger than any Englishman of his day. Knox. Races. 317.

"It appears to me that affluence, abundance of food & well = = ate exercise, formerly assist the development of the phys. powers, while highly rear & refined of labors, produce the contrary effect. Lucchet 70

"The average duration of life is greater now, in real all civilized countries than during any previous period in the history of the world." so &c "Its confirmation is fixed beyond all doubt." x x "The authority of civ. in prolonging hum. life. Bell 23.

"Civilization not. sweetens the existence of man, has also prolonged it" x x x At the present day it appears clear established, that in countries where civilization makes the greatest progress, there we may also observe the greatest diminn. of mortality. Lucchet. 43

Both sections of Act have been passed at Lisburn — Blackbeard moved a clause

In 1826 out of 1,033,422 young men drafted for the army 380,213 were sent back, because they were short of size. 4ft. 10 in. French. Bell. 32.

Size. Former races, though they may have excelled the present in vigor for the nature of their pursuits, cd. not claim any pre-eminence of stature. The remains of human bones, found in tombs & Egypt. mummies, demonstrate this & the armor, helmets & breastplates of the ancients confirm it. Their sword were as light, nay much lighter in many instances, than those of the present day, & those even as ones of the time of chivalry were only wielded to inflict one overwhelming blow with both hands & cd. scarcely be wormed for protection. Homer speaks of five man, fives 4 cubits height & 1 breadth. Vitruvius fixes usual standard of man at 6 Roman ft. Aristotle's measr. of bed was 6 ft. & Dionysus no higher. Ferrie remarks human as animal. The homo diluvii testis, the skeleton of wh. was descr. by Scheuchzer, was ascribed [Cuvier a sp. Salamander.

Humboldt says Guayaquilenos 6½, & Payaguas about equal & Caribbees of Guiana larger. Hearne saw men 6 ft. 4. north of Canada. Early sp. navigators descr. Patagonians as 7 ft. 4. – late travellers 6 - 7.

Tallest well recorded persons not over 9 ft. (Humb.) Schreber collected many instances, few over 7 ft. Sir. person 8 ft. (Smith) & a guard of D. Kinsick 8.6. Dutch. Pliny's Giant Gattamus under 9 ft. Millington. N. 24. 4c

Boffin makes Giants human bones at Lisbon. Geology a stalt. 25 ft. high. Helmet made of bone called Gigantotherium. Ribs to frame an elephant's. Rather large.

Robson on Cliffs of Dover. 10 feet. Drawing 11 ft.

Health & food

Price bread

Melier gives in two curved lines the variations of general mortality & the price of bread; the curvature corresponding but effect of dearness more noticeable the yr. after. Bell. 33.

animal food

A. Blake says "That it is possible to enjoy a considerable share of health on a strictly vegetable diet, has been proved over & over again, but in all the cases coming under my knowledge, the parties have not been capable of great endurance of fatigue, nor have they been very long lived" 170.
[to Katie Blake – & the Fayalese.]

Macaulay says at access. Jas II. Hundred of thousand of families scarcely knew the taste of meat. The first English of the 7th cent. lived about a half a year, barley & oats. (Vol. 1.)

Fifty yrs. ago, it was calculated that nearly 1/4 part of the inhab. of Gr. Britain lives on oatbread. Sinclair III written 1789?

Sheep can be taught to live on animal & cat on vegetable food. Sinclair 105.

Monro saw a man who by studying medicine under Boerhaave, had become hypochondriacal. Whenever he attended any of B's lectures, he always imagined that he was affected with the disease that was the subject of it. Hufeland. II. 78.

Child shld. not begin to learn till 7th yr. do. II. 153.

Cardan says trees live longer, because take no exercise. Exercise increases transpiration, transpiration shortens life; to live long then, we need only remain still. So Bacon says also - & advises oily unctions to prevent transpiration. Maupertuis wished to cover the body with pitch, & Voltaire laughed at Maupertuis. Hawkins, 17

[Cardan's book is Plantae cur animalibus deuterniores. Be substituted. p. 826.

Gibbon says, veteran armies exercised in camp with heavier weapons than those used in war, daily, like athletes. Fisiana 145

Gymnastics in England. "The severe & athletic gymnastics introduced some yrs. ago by Voelcker, with all the enthusiasm of a German, were better adapted to the Spartan youth whose progenitors, male & female, had been trained in like manner, than to the pallid sons of pampered cits, the dandies of the desk, & the squalid tenants of attics & factories. It was like putting the club of Hercules into the hand of a tailor, & sending Slender forth to combat lions in the African forest — or giving the bow of Ulysses to be bent by the placid muscles of the effeminate man milliner. This ultra-gymnastic enthusiasm did much injury to an important back of hygiene, by carrying it to excess, & consequently by causing its desuetude. Johnson. 40.

Effect exercise.

Hufeland recommend it for chastity. "Expose yourself daily to strong bodily exercise till you are tired — until the humors & juices be exhausted & the stimulus be removed fr. the organs of generation. Fast & labor. II. 178 & fine remarks preceding.

Multa libi felicque puer, suavit et alvi
Abstinuit venere et vino. [H. 4. 183.

*We are taught by experience that those men attained to the greatest age, who accustomed themselves to strong & violent exercise in the open air. Hufeland, II. 207

When I consider the physical structure of man, said the great Frederick, it appears to me as if nature had formed us rather to be porters than sedentary men of letters. Hufel. II. 206.

H. only prescribes "an hour a day in open air" for longevity. II. 101

"The propensity to bodily exercise in man, is as great as the propensity for eating & drinking. Let us only look at a child. Sitting still is to it the greatest punishment. And the penalty of sitting still a whole day & not feeling the least desire for exercise, is certainly an unnatural & diseased state. We are # [ubi sup.]

400 muscles ~~[illegible]~~ Combe pp. 280.
Effect on woodcock's ~~leg~~ wing & partridge's leg. Sinclair. 121

Van Oven ridicules statement of (Cyl. Med. art Age.) that there is a certain stock of vital power at starting & every effort uses up more & more. [p. 53-4.

[Ie Buckle says "The evidence of an universal law in the animal frame between waste & decay is now almost complete. Refers to Carpenter & others. p. 41. note]

V.O. says "it seems to me impossible to entertain the mechanical idea of the vital power", & shows the more exercise the better. The man has far more vital power than infant, &c

girls as children are healthier than boys (more on this. less to be changed. Mayo)

Women "There is but one disease to which female children are [especially] liable, & that is seduction; as soon as the age arrives when they are to be artificially trained to femininenessness of manners & accomplishment, their health & morals are endangered. While boys are encouraged to pursue sports of increasing exertion, their sisters whose bodily strength, not keeping pace with theirs, nevertheless requires exercise equal in proportion to it's maintenance, are forbidden all that they need. The consequence is that they are liable to become fragile & delicate. Mayo. 110.

Exercise.

Walking. Gram 12 says "If we consider the life of the higher classes of society, we find that a large majority of persons either by sick, shd. suffer for want of exercise by either not using the right muscles or a sufficient quantity of it. When walking alone is resorted to, these large groups of muscles are in fact neglected in their development & consequent stiff & in a crippled state, altho they are of the utmost importance, each of them stand in close rapport with a number of other functions of the greatest necessity to health & life. (viz. 1. shoulders & chest, bearing on lungs 2 abdominal bearing on abdominal organs 3 Spinal muscles on whole nervous system.

Ling's system, as applied in Stockholm. B. Taylor. Northern Travel 202-206
(combine some apparatus) "at the end of the second month I was able to climb a smooth mast, & run up ropes with my hands & to perform various other previous impossibilities, while my chest had increased a inch & a half in circumference, the addition being solid muscle.

Walking, Van Oven, recognizing others, think walking here shd. be dispensed with. "It is true it will not give us to great bodily strength, that is, it will not cause great development of the muscles of the trunk & superior extremities." p. 88.

Sully says "I was always of the same opinion with Mary W. concerning these [illegible] exercises. It often assures that they are the most solid foundation, not only of discipline & other military virtues, but also of these noble sentiments & that elevation of mind, which give one nations superiority over another. (Mayo. 121.)

Herodotus says, when Xerxes invaded Greece, he found the contending in Olympic festival; for prize of a wild olive. Tigranes said "Alas Mardonius, against what kind of men hast you led us to fight? Men who strive in contest, not for gold & silver, but for superiority of virtue & glory.

Olympic games, 10 months preparation, & was the person of spotless reputation: one desired to entrust before judges. "To conquer at Olympia" said Cicero "was greater & more glorious than to receive the honor of a Roman triumph (Mayo. ab. sup.)

There was scarcely a town of any consideration in Greece & in her colonies settled along the coasts of Asia & Africa – in the Ionian & Aegean islands in Sicily & in Italy. & yet, there was not a gymnasium or school of exercise maintained at the public expense. Mayo. 122.

(Frequented by rhetricians. "Sculpture had its studio in the gymnasium"

Hippocrates says very few houses hv. proper arrangements for bathing, & where not, more harm than good. Mackenzie

Arabs & Moors will take a bath once or twice a day & re-put on their linen for 8 mos. Richardson Sr. Dec. II.

Delight of slaves at running water. "I hv. seen the negresses wash their faces hands & legs a the coldest mornings. An Arab or Moor lady washes herself once a month [!] These habits of cleanliness the negresses bring fr. the banks of Niger. Vol. II. 457

Bathing.

Hufeland says bathing in cold water daily & bathe repeated once a week. "It is much to be wished that public baths were again erected, that poor people might enjoy this benefit & thereby be rendered strong & sound, as was the case some centuries ago [& is note]

Traces of this laudable practice may still anywhere be seen in the remains of baths & bathing houses, but the use of it has been abandoned through the incredible indolence of mankind. Every Sunday morning, people formerly went in procession through the streets, beating on basins, to remind the lower classes of bathing. 237

Thos. Walker the original thought that the [illegible] that an active scholar that repelled insects by abstemious diet the system became self purifying — he walked on dusty roads but his feet & even his stockings remained free from dust. "By way of experiment, I did not wash my face for a week, nor did any one see, nor I feel, the difference. (whole passage in Mayo, 153.

Good chapter on Bathing "Medea cured Pelias by cutting to pieces & boiling. Lord Bacon mentioning it says "There may be perhaps some boiling required to this matter, but the cutting to pieces is not needful. Mayo 152.

Riding

Scott writes to his son. "On no acct keep a gig. You know how I detest that mania of driving wheelbarrows up & down, when a man has a handsome horse & can ride him."

Training.

Van Oven says that though exercise is necessary to longevity, yet all attempts at indefinite increase of natural powers, tend to ultimate decay. Thus training produces "an undue balance between the functions of nutrition & absorption, the quantity of blood is increased, the circulation stimulated", & a plethoric state follows, highly dangerous. p. 71.

(Thus Miss Blossomes p. 20 ing.

So Dr Bell. 382. Great corporeal strength is not favorable for longevity. The muscles attain to an unnatural growth & the organs of nutrition to a high stimulation by the much alimentation ~~nourishment~~ are easily thrown into fatal inflammation. Hippocrates made this remark of the athletae of Greece & it is equally applicable to the pugilists, sailors & coachmen of Gr. Brit. xx Yet instances occurred at a great age who were remarkable for Herculean frame, or great bodily powers.

Mayo describes training, & denies that the constitution suffers, though he calls it ~~an expression of~~ common impression". & quotes Sinclair to show that trained horses & game cocks live longer than others. 119

Sinclair says "How far such effects are permanent, is a pt. that has been much disputed. x Many boxers have lived long, to the age of 80 & upwards. The best athletae cd. scarcely appear in public for more than 5 yrs. & are represented by Galen as short lived race. Sinclair. app. 36

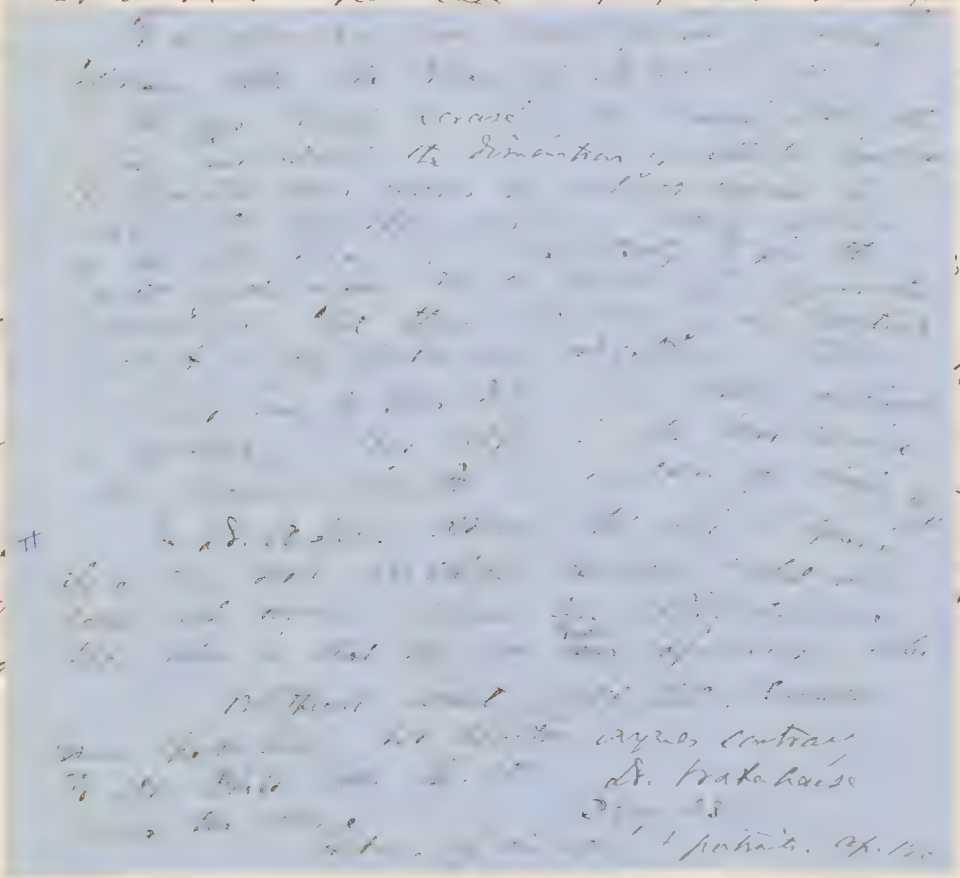
Food

Lieut Prideaux says A party of Bedouins, were disputing respecting the sanity of Lady Hester Stanhope – one party pointing her eccentricities the other her virtues – At last a white headed sage gave the casting vote "She is mad" said he, lowering his voice to a whisper, as if desiring to keep up the authority "for she puts sugar in her coffee". This was conclusive. Quoted from Lavin. 411

A canister of Gunpowder buried some time left in Port Regis inlet by one of the British expeditions in 1824 found in excellent condition by Sir J. Ross, when he visited the spot in 1849, the country afterwards cd. 255

Abstinence.

Good effect of abstinence in Abyssinia. "I never felt lighter in my life, or more free from the many ills that very humanity, than during this my long period of semi-starvation. Wound of any kind healed on me like magic & I never knew what it was to feel lax or fatigued." Parkyns' Abyssinia, 1. 238



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2. 221.

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reduced [illegible] of

Lord [illegible] splinter

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that [illegible] of

Lefty [illegible] hd for

a leg [illegible] 2. 221.

For much certain said Ld Bacon is 24 prized of the prolong. of life, wh. is one cause why [illegible] live longer than men bec. they stir less. [illegible]

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Good effect of abstinence in Abyssinia. "I never felt lighter in my life, or more free from the many ills that very humanity, than during this my long period of semi-starvation. Wounds of all kind healed on me like magic & I never knew what it was to feel lazy or fatigued." Parkyns' Abyssinia 1. 238

Speaks also of "the facility with wh. wounds heal on persons whose blood is cool & whose systems are reduced to a sufficient degree of training by a life of hardship & privation: for instance, in the case of a splinter through my own foot, many medical men hv. assured me that had I been fat with European food this instead of being starved, I shld. certainly hv. had cupped to my hd for a length of time, with a possibility of locked jaw. 2. 221.

Effect civilization.

White man (i.e. Arab & Moors) bore hard better.
Richardson's Gr. Desert. ~~2. 345.~~ 2. 437.

Montesquieu in Lettres Persanes "C'est sur des choses que la noblesse s'acquiert." (idea of activity inactive) qu. do.

"Virgil's Arabic nunc hominum pronaque corpora tellus" is almost a translation of the same expression in Homer. newsp.

Intemperance

Teetotalism.

Valuable facts first cor. in Statement of London Coalheavers. in Lond. Labor & Poor. Vol. 3
(one teetotaller left 450 with 1 hand)

Sir John Harington's account of drunkenness of ladies at court of James I. Ladies in the Masque Co. not ch. fr. intoxication & Queen of Denmark & English Carnival Cited.
Chron. of Parlia. 1. 161.
another extract. Pick. Hist. Eng. 3. 611

Much in France. Bridace. Bell. 78. 361. 412.

Three thousand yrs. ago, the ladies in best society were frequently intoxicated (Wilkinson) 50 yrs. ago a woman they dared not walk in daylight, instead of 4th nine. Mayo. 99.

Johnson remarked the time when in his native town all the better class of persons got drunk every night & were not less well thought of. (Life. 774.)

Moorish intemperance. Richardson's Desert. 2. 467

Lewis & Clarke found many Indian tribes who did not like the whiskey they offered. On one side we were equally pacified at ~~finding~~ discovering that these Ricaras made use of no spirituous liquors of any kind, the example of these traders who buy it & then so force for tempting having in fact disgusted them. Supposing that it wd. be as agreeable to them as to other Indians, we had at first offered them whiskey, but they refused it still this sensible remark, that they were determined that their fathers shd. present them with liquor wh. wd. make them fools. On another occasion they observed to Mr. Tabeau, that no man cd. be their friend who tried to lead them into drink & lies. Lewis & Clarke. 1. 102

Sleep

Jeremy Taylor allows 8 hrs sleep, Baxter 4, Wesley 6, Lord Coke 7.

Lord Mansfield recommended 8 hrs. sleep & it was a favorite maxim with him to cultivate sleep. Sinclair 364.

English Health

North Country Engineers & stokers in Eng. record fr. injuries rel. to South Country [illegible] almost fatal. (Life Stephenson)

S. York Shire [illegible] of 11 fr. fr. one mill to another 2 miles deep sup. between 80.

Going back lamp into pit

In Mech. Inst. at Clay Cross, rel. he provided for 1000 workpeople. Day & night schools, library, reading rooms, [illegible] band of music, choral society, fortnightly dances & a cricket club. (for all free or cheap but cricket club.

"He skill possessed at late yrs. that quality in wh so much of his practical success in life had depended - a strong & healthy constitution."

In time of Elizabeth. Jacobean thought London tolerably healthy (sanitary condition & climate) - Complaints of universal coughing in public & slight consumption spread: disease in metropolis. Streets & rooms were kept [illegible] & dung pitt & bonfires made to avert plague. [Refer Pick. Hist.]

Chron. Fashion. 1. 251

K. James I. to exact in his speeches that a counter said were he to make fr. 7 yrs. sleep he shld. know either the king he had for a master. (Maior Jeste) do 1. 57

An old English writer in Eliz. time cautioning gy. ac. against filthy action, says that "to see and the [illegible] of the body" the effect [illegible] of true & all things apparel." [illegible] fr. Ben Jonson) do 1. 29

In Vienna & Perth frequently a difference of 50° in a day. In Malta seldom 20°. Dr. Alcock, Diseases of Infancy &c.

"Never before coming to England had I an adequate idea of the nutritious, strengthening kind of aliment, as the Eng. seem to eat. p. 33

"The nervous system of the female sex in England seems to be of a much stronger mould than that of other nations. This of the male sex. Not less so in proportion: they bear a degree of irritation in their nervous system without the issue of fits, which in other races is not so easily tolerated. 63

"An Eng. lady of high rank said to an Austrian ambassador "Is it true, pr. Excellency, that in your country there are backsliders of the sex?" "Yes my lady & your sex would be one too if you ever saw it. 26.

=

"I am sorry to record the fact, but middle-aged women in the country are almost invariably slovenly in appearance: & very much so. I seen one who at that period of life is called good-looking; had rosy & clean face very, but destitute of the comeliness they may, tho. once possessed. I suppose that it is expense to add which is so dearly deprives them of teeth: for it is unusual to see any remaining in the mouth. I did so & seen much younger than this. I tho. known countywomen wholly destitute of them in front." Hoy time to Hopping. 116.

English Health

"I have rarely seen seen a really plain Canadian girl in her teens & a downright ugly one is almost unknown. The high cheekbones, wide mouth & turned up nose of the Saxon race, so common among the lower class in ~~England~~ Britain, are here succeeded in the 1st generation by the small oval face straight nose & beautifully cut mouth of the Celt, while the flowing tint of the Albion rose pales beneath the withering influence of late hours & steam-heat. Moodie. Roughing 1. 171. 191.

(Recognition of American difference for mental differing

It is rare to meet with good digestion among the artisans of the brain, no matter how careful they may be in food & general habits. Holmes. Phys. Con. life vol. 1.

Mr. Starr, a surgeon of great eminence in the [illegible] of Scotland, tells us that as he walked along the street he could generally tell each man's trade by his characteristic deformity. Lindes Pol. Ec. 220

At the fashionable watering-place stairings, the funeral bell tolls nearly all the time, so frequently is it the resort of consumptive patients. Chron. of Fashion. 2. 297

"The nobility of this country (England) unlike every other, is by far the manliest & finest looking class of its population. The contadini of Rome, the lazzaroni of Naples, the peasantry of Italy are in comparison more handsome than their superiors in rank, but it is strikingly diff'd here.

Willis Pencillings.

There are to a few English families wh. cannot reckon one or more members who hv. fallen victims to this disease" (phthisis.) Beale. 196.

An enormous portion of mankind are so hav = literally invalids, that they hv. no notion of any other state of existence. 199 Beale.

"Some form of dyspepsia is sure to be produced by that excessive tension of the mental faculties wh. characterizes the age we live in. This state of things is bad enough in England & we learn fr. an. recent letter in the Ed. that it is more with them. Political & religious or rather sectarian differences & the gambling of commercial speculation, so very generally occupy the key head of an America brain & keep up a constant & excessive stimulus to the brain, that insanity as well as dyspepsia are said to be as common with them as with us. 219 Beale.

Teeth. Ladies teeth generally black in time of Elizabeth & attrib. to foreigners to satisfy Espar. Pict. Hist. by 2, 857

Gout & other hereditary diseases begin, with more sedentary life. ib. 858

[illegible] died of small pox [illegible] inoculation. See Dray

In Hentzner's Travels, Queen Eliz. is described in her 65th yr. "her teeth black (a defect the English seem subject to fr. their too frequent use of Espar. Milledolcia. 115.

[over]

In Glasgow. Sept. 1880 a meeting was held to express thanks, on the part of the miners to Hon. Arthur Kinnaird, M.P. in recognition of his advocacy of the claims of miners. In his answering speech, he said.

"It was only this year we had the official statement from the medical inspector of factories & he draws a contrast — a contrast to wh. I can add bear my witness of personal observation — of the complete change that has taken place in the population since the passing of the Act — that whereas it was then painful to witness the sickly emaciated, the sick, the attenuated forms of the young women who were to be the future mothers & wives of our working population — we hr. official medical testimony to say that they are so healthy, so changed, — so strange in their appearance was the expression used by the medical official, — that they will now vie with any population in the length & breadth of the land." [Miners' Inspection Act — provides for shortening the hours of labor, at least in children.]

Glasgow Daily Herald. Sept 25

Mr. Arnold — Cricket & Walking 218 258. 259

English children's faces quite as apt as ours are to be pale.
Hawthorne in Atlantic. Oct. 1861.

English Health &
(Tyndall's Glaciers)

"Here among the Alps it was no uncommon thing for me to wander over the glaciers for morning till evening in my shirt sleeves." "I had neither brandy nor wine, but I felt as if some amount of mechanical force represented by a ounce of bread & bacon & a glass of water would be farther from lack of nutriment. Indeed I am inclined to think that both guides & travellers undergo more in pain than they suffer from actual exhaustion by the incorrect representations of the doctors it necessary to indulge in such occasions. 151

(After great fatigue) I became aware of a desire to rest. I was slipping away. The thought of being absolutely exhausted & overcome by sleep for first time but I had taken no care to husband my strength. I always calculated that the will would serve me even still. The muscles failed but I now find that mechanical laws rule in the long run; that no effort of will, no power of spirit can dare beyond certain limits upon muscular force. The soul, it is true, can stir the body to extra, but its function is to utilize & apply force, not to create it. 79

To accomplish physical changes, time is necessary. By lifting the leg slowly & allowing it to fall forward by its own gravity, a man may get on steadily for several hours, while a very slight addition to this pace, speedily tires him. 154.

The sense of weariness is often no index to the exhaustion of muscular force: the muscles may be charged with force, yet the nervous excitant be feeble. The strength is dormant & can be roused with the certain. But the thought of peril deep, the mind awake, instantly the muscles in action. 155

English Health &c.

Women. The thing (a difficult ascent by women) was accomplished exceedingly well & in very spirited way. Indeed the general contrast, in regard to energy, between the maidens of the British Isles & those of the Continent & of America is astonishing. Surely those who talk of this country being in its old age must forget the physical vigor of its sons & daughters. 161.

"The best guides find that their powers vary; they are not equally competent on all days. I have heard a celebrated Chamonix guide assert that a man's morale is diffs on diffs days. 162

Recreations of Country Parsn.

"How delightful the rapid constitutional for 2 to 4½" – "I pointed out to the wet Hunter, after, with its rain & driving sleet, its round of mud" 135

The country humour very

Summer in country "But you shall breakfast early, not take the garden breakfast till the cows by half past nine." 297

Descr. Skating 340.

Says may walk 10 miles & 4 miles an hr. – "Not actually done yet" – or at 4½ or 5 miles. "Men, people who say they walk 6 miles an hr. are talking nonsense. It cannot be done (apart of a trained pedestrian. 298

"The day seems horribly rainy & stormy when you look out of your library window, but you wrap up & go out regardless for a walk & on your return it is not so bad. In the time you have to be out finishing, you think it rather a fine breezy day; healthful though boisterous. 325

Compensation for loss of 4 or 5 hrs society & 10 or 12 playing 100
(See Quarry II. 156.

"The happiness we expect at middle age is a calm healthy thing. xx As for that buoyancy or that of Sydney Smith, who tells us that when a man of 40 he has often longed to jump over the chairs & tables in pure pleasure of light heartedness, oh, if Satan has not given you that you must put it down to what it xxx Very truly did David Hume say that for a man to be born with a fixed disposition to look on the bright side of things was a far happier thing than to be born with a fortune of 10,000 a yr. Recreations, 176.

Good story of Ld. Melbourne & a gay man who had sat a dull evening at theatre &c. "Not pleased! Confound the man! Didn't he see the fishmongers' shops & the gaslights flashing in the lobster backs as we drove along? Wasn't that happiness enough for him? 185. Qu. Fr. Friend in Council.

Middle age. "We are pleased when we find people talking of men aton 30 as young men. Once indeed, Sir R Peel spoke of Ld. Derby at 45 as a man in the buoyancy of youth. Many a man of 45 wd. feel a secret elation on the read the word thus employed. (Thanks Hilland. Jan French Quot Dickens for Tom Pinch's admirant "a respectable young man, aged 35 / 38).

Recreation "I find a great want in all that is written on the subject of recreation." [Long passage] Complains that no practical details. "I envy schoolboys the faculty of being amused & of finding recreation wd. wholly suffice to change the current of their thoughts. — "Good men if they did feel interest in athletic sports, the lungs & sinews of most scholars men of middle age wd. prevent their joining them" p. 181.

"Think what poor specimens of the human animal

Heals.

Fowler carried on his shoulder a shaft weighing 500 lb.
"Jimmy Straight (Stewart) lifted on his back a load of hay, ½ ton
M. Bilin 7½ ft. tall. 42 round chest. weight 300. lift 500
Straighten under 2 ton Fowler, Hercs. Devel. 57

So J. Adams wrote in his copy of Cowper "God has established no equality among men in practice or theory but a moral equality. [illegible] giant has a natural right to his stature of 8 ft. & his strength equal to 500 lbs. & the dwarf to his 3 ft. & his strength equal to 50 lbs. J Cowper's Stay Aug. 1812

(continued fr. 63)

physically, many of our noblest & ablest men are. Do not men by their Revelations touching & far reaching thoughts, reach the hearts & fire the souls of thousands, who cd not run a hundred yds without panting for breath, who cd not jump over a five foot wall though a mad bull were after them, who cd not dig in the garden for ten minutes without having their brains thrashing & their entire frame trembling, who cd. not carry in a sack of coals though they thd. never see a fire again, who cd never find a day's employment as porters labourers grooms or agility but tailors? Educated & cultivated men, I tell you that you make a terrible mistake & a mistake wh. before the end of the 20th Century will sadly determinate the A.S. race. You make yr. accelerations too powerful mental." (114-5) "After using his eyes & exerting his brain all the morning to be steady & writing by way of work, would it be just use his eyes & exert his brain all the evening to steady & writing by way of play? (114) Practically, in the case of most educated men, of most intellectual workers, heavy reading & writing stand for work & light reading & writing stand for play. (115)

A Turkish porter will trot carrying a weight of 600 lbs. Fowler, Physiol., p. 227.

Quetelet's table of leaps, without run or spring. He says "Since these results for grown ages have been obtained individuals, some of whom have been studying gymnastic exercises, the ratios may be greater than otherwise

	Length	Height	
11 yrs	1.52		
12	1.60		
13	1.66	0.64	2 ft. 1⅕
14	1.77	0.70	2.3½
15	1.95	0.80	2.7½
16	2.06	0.83	
17	2.04	0.81	
18	2.14	1.00	3.3⅖
19 to 30	2.18 7 1/10	0.93	p. 72
30 to 40	1.98	0.88	

"Whenever man can be used as a machine, his physical qualities have been measured. His other qualities have been studied; thus, we know little of the average speed of man in running; we also know very little of the height & length of his leap, except in cases where the power has been ~~exp~~ possessed to an extraordinary degree.

A fast traveller can pass over 6 kil [7158 yds] an hr. & continue a long distance, which at the rate of 100 mètres [119 yds] a minute. ~~This~~ He calculates the length of the step at 8 dec. [31.496 in] & th. He travelled, makes 125 steps per 2 in & 7500 steps an hr. He can walk at this rate 8½ hrs, a day & continue as long as he likes without injuring his health or strength, then as a fact, we suppose 37 mil. [55,143 yds] the average distance w. a traveller can travel in each day without overstraining his pow. p. 72 [Weight & clothes 78 kil. 189. lbs]

Battledore. Single bird 5000 times, two 500, three 150, four 52. Mr. Calthrop. Oct. 5. 1861.

Trying my strength at different periods of the day, I have not observed any, my great difference. The greatest effect I have been able to produce was observed on coming, for a public lecture, at a time when I was slightly indisposed by an attack of fever. I was able to bring the dynamometer beat 10 degrees beyond the pt. usually reached. I found the strength was greater after dinner than before. (See facts and theories.) R. 70

According to the researches of Messrs. Régnier & Ransonnet the average strength of a man is not more than 46.3 or 50 kil. (189 lbs. troy) that is to say, it does not come up to his weight; whence it follows that a man cd. not lift himself by the pressure he can exercise with his hand, whose experience richly displays such a result. Among the sailors experimented upon, there was probably not one who cd. not hold himself suspended, for some minutes at least, at the end of a cord firmly fixed at the other end. According to this ~~this power ought to~~ the average force will be 69.2 kil: this value approaches nearer the truth. What Dr. Ford for a developed man is 89 kil. (288 lbs. troy) nearly 19 kil. more than the weight of a man in his dress: so that a man may hold at the end of a cord, & bear at the same time a weight as heavy; whatever the thickness of the cord, or the form of the object wh. he holds will necessarily influence the result of the experiment.

We also see fr. the values wh. Thus obtained, that what the age of Four to yrs a man begins to acquire sufficient power in his hand to hold himself suspended for a time. Woman at any age does not appear to ~~possess sufficient~~ possess capable of carrying a [illegible] to her weight; yet may women, fr. exercise & habit of labor, at length exceed this limit. Thus we see of girls by practising gymnastic exercises acquire the power of raising themselves by means of cord to different heights. It wd. appear, then, that my values are very superior to those of the Messrs. Quetelet, that they are rather below the above the truth at least, in men & children. Quetelet. 75.

Pythagoras, Plato &c Bruce. 17. 39. 36

Commodus the wretch, said to combine Apollo & Hercules. d. 147. 8
used bath 8 times a day. Caesar Borgia also beautiful, strength.

Charlemagne & Wm Conquerr large & strong

Luther's ale & whittles. 215

Fenelon & Fr. of Sales famous for beauty 218. St Elizy of
Hungary & hundreds of noble stature & handsomest of their times
St. Fr. Borgia wd. not allow his picture preserved, but fat figure of
St. Theresa is kept in. 34 (heads P.S & philosopher 18.)

Aelian says that Semiramis did not exult when in the
Chase she captured a lion, but was proud when she took a
lioness, the danger of the feat being far greater. 73

Latin & Greek Fathers 170. 188. 199. 201 (also Jameson?)
Military Saints. 142. 235. 294. 424. 434. 460. 461
St. Anthony after being shut up in a Cavern 20 yrs. came
forth neither pale nor wasted. 438
Only real S. Catherine was Hypatia. 281

not in French

Tables of strength by Jas. D. Forbes, Esq. (Note X. to
with Regnier's dynamometer)
Quetelet. p. 113. On 829 students at Edinburgh. Result
(1) Irish (2) Scotch (3) English (4) Belgian, adds
G. Quetelet.

Points not used in "Gymnastics."

Game still with the Candle

Strength animals affected by exercise (Hadrian? says - Mr. friend, the fat.

Not complain of head - boys learning to dive.

Wrenna's right hand = are left (Dr. Lewis says so - clavicle longer & not
thinner straight.

Said boys will not get enough exercise. No doubt add instruction

boy will pick up more by miscellaneous reading out of school than another
in it - but we do not therefore abolish High School.

Diuretic farmers

Diminution diseases

Small pox said to be extirpated in

Cerube. 168. Agne, Sauvey &c

Physician watched brain throb.

What are the senses but ~~servants~~ menials of a king. But how helplessly dependant, for the time being, is the sovereign on the great king.

The neglect of the body has been repaid not merely by its direct results but by its reactions. If ~~it has been~~ the normal condition of liter. & prof. men had been muscular – we shld. have had no body intricated Walt Whitman. (xii)

Illustration of ignorance of physicians. [illegible] Nov. 15

A Dr. physician [illegible] Man [illegible] is a [illegible] & end in an assess condition [illegible]

[illegible] Nov. [illegible]

#

Temples so called fr. tempus, because gray hairs appear there first. Van Oven 39.

But was probably from tempus, tempora, exigencies contingencies, because a wound there was fatal. For the same reason called kairia in Gr.

Fashion.

Perhaps the strongest example of the power of fashion is to be seen in Sir S. Meyrick's gallery of ancient armour, in which [illegible] shape of a [illegible] of a [illegible] of the [illegible] Lord [illegible] a [illegible] = [illegible] of S. [illegible] Mayo.

[illegible] 8. Aug. 1869 [illegible]

James is very effeminate – could not see a drawn sword without shuddering Mayo, 19.

Capt. Franklin's part after 6 days of starvation & labor, at last killed a musk ox, & after a moderate meal found themselves weaker than before. [Stomach tired] Mayo 105

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Perhaps the strongest example of the power of fashion is to be seen in Sir S. Meyrick's gallery of ancient armour, in which during a single reign the same variations in the shape of a breastplate as of late in ladies sleeves, the tempered Milan steel being as pliant to the caprice of fashion as bland or sarsenet. Mayo. 183.

In Greek medal engraved by Mayo, Hygeia has a snake three times as large as that of Aesculapius, which he considers symbolical of the affinity of hygiene to medicine, prevention to cure. 13. Mayo

Sermon v. very effeminate could not see a drawn sword without shuddering. Mayo. 17.

Capt. Franklin's part after 6 days of starvation & labor, at last killed a musk ox, & after a moderate meal found themselves weaker than before. [Stomach tired] Mayo 105

There is no greater enemy to all honest physicians & their endeavours than the want of courage & resolution on the part of patients (especially in chronic cases.) Gram. 10

When Lad. Scott, (at Abbotsford) tried to help Mr. Rose (an invalid) to some rich delicacy, he answered "No madam I believe in a hereafter." Leslie Correspondence 61.

"Mr. Ellis's letter very illy am case is a proof how we really lose by overwriting oneself & keeping the intellect upon a sedentary occupation. I attribute all my present indisposition which is "losing the time, spirits, everything", to two fits of close application & neglect of all exercise while I was at Paris. I am convinced that he who devotes 2 hrs each day to vigorous exercise, will eventually gain those two & a couple more into the bargain." id 241.

Dr. Holmes says "Over-work, over-worry, holding 14 tasks at 16 teeth & obliging each child to love two." Phelps's dreaming another German Elevation, Boys Book.

As is the air so is the blood, says Ramazzini. Tilt's Ed. of Health. 311.

Plutarch thinks the power of child bearing proceed for "weakness & imbecility" in women, & that originally the human race was spent to men of "generated" "females, who surrender & bear on acct of their weakness & imbecility, Flowers. 130. Aristotle maintained that woman was a defective animal & her generation purely fortuitous & foreign to nature. Mullington. 189. For maintaining some doctrine in 12th cat., ashes exhumated & bones cast in sewer. do.

Fontenelle on Paliss. A potter who under-stood neither Latin nor Greek was the first, who near end of 16th century, dared to say to the doctors ~~that~~ fossil shells were real shells & not freaks of "nature" pph. was the general solution. 154 Flowers. much about Paliss.

Sunday Holiday

Von Weber worked hard in composition after his health was undermined, & when almost dying & still hard at work, he exclaimed "Now I give a tailor, for I need then his a Lady's holiday. Combe. 235.

Brain influencing Health. Armies discouraged by defeat or want of confidence in chiefs have much more sickness than others. Combe 257.

Iron in Blood. It is said that iron enough can be obtained from the urine of 24 men to make a [illegible]. Scatcherd's Rupert. 1. 44.

Electric. This comes fr. Sir Astley Cooper treating the paralytic nervous of athletes. Never Expl. in Lec.

Size & Weight

Fatness regulated by law in Sparta. Bruce's Portraits. See also Trilliendale's 301.

Weight of Rank. officers.

Aug. 10 1778 the Am. officers at W. Point were weighed

Gen Washington	209	Col. Mich. Jackson	252
Lincoln	224	Hen Jackson	238
Knox	280	Lt Col. Huntington	212
Huntington	182	Cobb	182
Greaton	166	Humphreys	221
Col Swift	319		

Of 3 of the 11 weighed less the 200 lb. a result which does not confirm the Abbe Raynal's theory of the deterioration of mankind in America. Trilliendale. 273

"Gen. Washington's staff, though not picked men, were mostly over 6 ft. high & strong in proportion. Mrs Brooke. Pitts & Hyde 245

Dr. Beale describes a fine physique (sanguine temperament) & then says "If with all this we have a large brain, well trained & cultivated, the same example draws of an [illegible] Socrates in Xen. Banquet (? ch.) [illegible] animal [illegible] hinge for learning to date in later life because it [illegible] whole bag. This oil of [illegible] lon the [illegible] the [illegible] health of [illegible] [illegible] the oil, let the fire be still burning the candle.] [illegible] of learning

Dr. Jackson. They are compelled by interest to learn
Sinclair. app. 16.

Dr. [illegible] the son whom he so deeply lamented [illegible] "Dexterity or speed" "No vanity [illegible] presents it as a virtue, it was probably [illegible] death. J. P. Forbes
School of Christ.

"Si [illegible] character "all summer i the field & all [illegible] Hrs of Hampden. 1631. Nugent, 1. 167

Ne [illegible] strenuum

Si domi male [illegible] Compitum ? Val. Max.

The [illegible]

When in distance mighty lives practicable & are where effort end in producing an hygienic apology for the lives.

MEN'S WEIGHT. We stated yesterday that up to that time (leaving the ladies out of view for the present) 4369 men had been weighed in Howe's Standard Scales at the Mechanics' Fair, and that their average weight was 146 pounds 13 ounces. We presume that this may be taken as very near the average weight of the New Englander, or "live Yankee" of this vicinity. It will be interesting, therefore, to compare it with that of men of other nations. In a recent publication we find the following statements, derived from reliable authorities:

The mean weight of men in Belgium (Brussels and its environs) is 140.49 pounds.

In France (Paris and the neighborhood) the mean weight is 136.89 pounds.

In England (taken at Cambridge between the ages of 18 and 28) the mean weight was found to be 150.98 pounds.

It would be a good idea, founded on something more than mere curiosity, to have a good set of scales used at Fairs in all parts of the country, as those of Howe's are now used at the Mechanics' Fair. It would demonstrate where our "big men" grow, and what kind of a formation and of climate is favorable to the production of "men of weight in the community."

Dr. Beale describes a fine physique (sanguine tempe-
=rament & then says "If with all this we hv. a large
brain, well trained & cultivated the same example
of an ... cant
anim... and of
lim the...
... signs
of heal...
Dr. Jackson. They are compelled by interest to learn
Since in app. 16.

LUCRETIA MOTT,
WENDELL PHILLIPS,
ERNESTINE L. ROSE,
LUCY STONE,
T. W. HIGGINSON.

January 15, 1854.

N. B. Editors friendly to the enterprise can aid it by copying this circular.

Dr ... the son whom he so
deeply lamented ... dexterity or speed"
"No vanity ... presents it as a virtue,
it was probably ... draft. J. P. Foote's
Schools of Cincinnati.

"Fix ... character all the mor
in the field & all ... Hist. of Hampden 1831. Nugent,
1. 107

Qu... Ateneum

Si domi male ... Compitum.) Val. Max.

There ...

When a disease anything looks questionable d ... about ... & ... in inventing an ingenious apology for the death.

... 25 cents. Ticket ...
... secure seats without extra charge; Doors open at ...mmence at 7½. tf sep15

AQUARIAL GARDENS.

...S intensely interesting exhibition has ...ly received very valuable additions. ...ariety of LIVING FISH in the glass tanks is unsur...ge at present, while the EDUCATED SEALS aston... delight every one by their wonderful intelligence. ...erform a great variety of curious feats, such as ...ring the musket, playing on the hand organ, &c. ...EN of SERPENTS contains some enormous BOA ...RICTORS, the PYTHON, etc. ...ust added, a "HAPPY FAMILY," composed of a ... of animals, naturally of antagonistic dispositions, ...ing in perfect harmony. ...ttance 25 cents; children under 10 years, 15 cents. ... arrangements made with schools.

CUTTING & BUTLER, proprietors,
No. 21 Bromfield street.

THE
...CHANICS' EXHIBITION,
—AT—
...ANEUIL AND QUINCY HALLS,
IS NOW OPEN.
...nce at Faneuil Hall.
Tickets of Admission, 25 Cents.
...her tickets are sold. tf sep 13

SATURDAY EVENING, 22d.
...nsequence of the continued crowd, The
COLLEEN BAWN
Will be Performed

...d ... laid out ... choices
On WI...
A ve... mostly ... Tribes, ... view, ... vels, ... Pictori... vols; ... vols; ... Irving, ... 20 vols ... dotes, ... net's M... Scotlar... son's L... Works ... ton; the ... Catalo...
[Office...
Desir... 20,0... in W...
On Prin... the ... Price... State... of pa...

Dr. Beale describes a fine physique & sanguine temperament & then says "If with all this we have a large brain, well trained & cultivated, the same example exists of an almost perfect man. x x x With magnificent animal powers we constantly find conjoined a head of less than ordinary size. p. 158.

It is said that the great Boerhaave learned the sign of health fr. Slave dealers — & so we learn physiology fr. Jackson. They are compelled by interest to learn
Sinclair. app. 16.

Dr. Beattie laments that the son whom he so deeply lamented "exploits of strength, dexterity or speed" "he rarely engaged could bring". He represents it as a virtue, it was probably a cause of his untimely death. J. P. Foote's Schools of Cincinnati.

"Sir Edw. [Francis] Vere had this character 'all summer in the field & all winter in the his study'." Letter of Hampden. 1631. Nugent. i. 167.

Quid enim prodest foris esse strenuum
si domi male vivitur. IV. 162 (Compilation) of Val. Max.

There are wills, says Herbert
When in distress anything lates questionable & are upheld effect end in insulting an injurious apology for the Creator.

~~A fine~~ Odor of diff't races.

Peculiar odor of N. Zealanders – so of Amer. Indians. Hue says Chinese naturally smell of musk. In middle ages, Saracens thought to have a peculiar smell, removable by baptism. "The early historians make frequent mention of Saracens bringing their children to be baptized, for this wholesome purpose" [See Sir T. Browne on Jews.] Rev. E. Taylor's N. Zealand. 427

References. (lecture)
Kafir bracelets. Knox. 151.
Farmer & colt. Board Ed. Report. Bonfield Gardens. 1858?
Hindoo princes 14 mile. yes. dd Buckle 97.

=

Cavanagh (Matlock fives' player) & John Davies (rackets)
(& much more on this & tennis.) Hone. 1. 867

Koelcker's Gymnastics – full acct. (1824) " 19. 1315.
Cambridge " (1826) Jam. Physiol. 7. 291

Winship.
Not use tobacco – hernia impossible – Digestion very strong
Arm 14 & 13 no larger than 3 yrs ago, but diff material, steel not iron
5 yrs. ago weighed 138 now 143 – gaining slowly – ~~finished~~ strong.
Can lift 1029 lb thus.
First sign of cold always inability to lift big weights 24 after comes sneezing.
Was a year able to lift 6 one finger with ~~bad~~ arm little bent
Can vault as high as reach & sit on bar. Not so ch better 6yrs
Skip to 3d bar ~~[illegible]~~ with one hand.

Sent for Mond. Trait d.
Geneva
Oct 25. 1889

Education

Dr. Warren says children ~~of~~ the under 14 shld. not be kept in school more than 6 or 7 hrs a day & this shld. be shortened for females. — I hr. after the mean of hrs successively spent in school by little girls of 6 to 10 & 2 or 3 more calculating employed at home in preparing the next day's exercises. Dickens. 204-208.

When asked by Basil Hall Scott said "I reckon 5½ hrs a day as very good work for the mind, when it is engaged in original composition. I can very seldom reach 6 hrs & I suspect that what is written after 5 or 6 hrs. hard intellectual labor is not worth much." On being asked how he divided those hrs. he said "I try to get 2 or 3 of them early, the remainder as soon after as may be, so as to leave the afternoon free to walk or ride or read or be idle" (Frog. Voy. & Trav. 2d & 3d ser. ch. 1.) Dunglison. 427

A pupil shld. be somewhat advanced & shld. possess considerable ~~power of~~ physical strength & endurance before he ventures to give more than 6 hrs a day to some intellectual labor.

Child of 3 in school a fearful sight } Jaymes
Napoleon at Brienne
Bulwer never worked over 3 hrs. per day "Three Hours School" p. 83.

Many remarks scattered through this little treatise are worth the recollection of all ages and classes, "The failure of the mind in old age," says Sir Benjamin, "is often less the result of natural decay than of disuse." Ambition has ceased to operate; contentment brings indolence; indolence decay of mental power, ennui and sometimes death. Men have been known to die, literally speaking, of disease induced by intellectual vacancy. On the other hand, the amount of possible mental labor is far less than many persons imagine. If professional men are enabled to work twelve or fifteen hours daily, that is because most of their business has become, from habit, a mere matter of routine. From four to six hours is, probably, the utmost daily period for which real exertion of the mind can be carried on.

practice its advocate. The division has been carried still further; some of the papers have partaken of a descriptive character, and are engaged in speaking of the resources of a country, State, or Territory; and hope by their influence to induce a heavy emigration of persons to their locality imbued with temperance and anti-slavery sentiments, and thereby lay the foundation of an extensive empire whose basis shall be the immutable principles of Truth; whose citizens shall recognize the inalienable Rights of men; and whose every effort and energy shall be directed to the elevation and improvement, mentally, morally, and socially, of its population. While other papers assume the character of critics, *censors*, more

Polynesians. &c

Cartwright ~~said~~ (Patagonians) p. 6 ft. to 6.5 — while Wallis his companion says 5.10 to 6.

"Circumnav. of the Globe" (Ed. Cab. Lib.) pp. 104. 146. 179. 318.

"It is a singular fact that though the N. Zealanders have excellent phys. const. & abundance of food, with other favorable circumstances, they have very few children. Large families are never seen among them — perhaps 2 wd. be a high average for women. It is very diff. to account for this, as the ~~para~~ country seems in an extremely degree favorable to fecundity. Marriages are large — European large families — often three children elsewhere. Attrib. infanticide & much to. early marriages Brom. 110

Very few N. Zealanders take to ardent spirits. 52

Former cannibalism — transfer proven by eating man. 57

"There is scarcely any work relating to the Polynesian Isles to be compared with Mariner's Tonga Isles" Silver for truthfulness & intent. (p. 186) Rev. R. Taylor, N. Zealand & its Inhabitants London 1855

Health of N. Zealanders improving by improved diet &c. Insanity not uncommon. Scrofulous diseases general, but introduced. Ectropium (turning out of eyelid) very common & was more so — for smoky houses. "I recollect the Bishop remarking that he found the natives of some little lone isle all prostrated with influenza, thought no vessel but his own had visited it. 255

~~Fact. apt~~ "I have seen those ~~with~~ who have attained extreme old age with all their teeth perfect, sound & firm, but worn down to the very gums — noticed the same in deepest caves in Bis. of Ely. Wives retain teeth almost as sound as Europeans 254.

[see below]

"Hotz. Diversity of Races."

Facts to show that luxury in states does not cause decay. 119

Civilization and domestication of man. Tacts. 150 note.

" defined by Sujet "a course for humanity to run - a destiny" for it to accomplish. 255 " Hotz. 315 p. 355.

Oceanicans more degraded than negros. (Rich. Nat. Hist. pl. 23

Standard of beauty not very much. 380 Hit opinions.

Corporation strength (not much) 381. I quotes Martius & Spix on aborig.

Reise in Bras. I. 259. — on negros Prunner Die Neger ein anthropologische Skizze aus der medicinischen Topographie von Cairo. — a Sarpaze = cairi in muscles superior to all other races. Carus, Ueb. ungleich. leiblich. Hotz. 202.

= bung der verschiedene Menschenstämme für höhere geistige Entwickelung

Swimming

Elephant floats higher than any other quadruped. Ceylon in Field Book. 117

"I saw together, in transitu, Pickering 170. – also apart during childbirth in the tranquility assented non-susceptibility to syphilis.

Felix's leg (one) equal three of our 2 adm. 149 not fine enough altogether the superior race. 153 Tallent 6 ft. 6.

Tahitians never had colds till they began wearing Clothes: convenience, in wet weather, of going without

Climbing trees by lashing legs (ankles?) together. Pickering's Races. 64 66. By leaves.

Feigians walk up on soles.

Skill of natives in wood, ingenuity in baskets &c. - bringing up water

Diseases. 68. 73. 97. 170.

Large men at Samoa, Tahiti, Tongatabu. 69

"Natives of Tonga may justly be regarded as the most splendid set of barbarians at present existence. 84 One Australian tribe intermediate with Pickering. 129

Population diminishing. 1897-94. (Chil'dn Sense) 1880. 166 (long ago) (per centum)

Former feats in diving at Oahu "justing an anvil overboard & afterwards rolling it on the bottom of the sea to the shore. 92 Fegiians 182

"Hawaiians like N. Zealanders not considerably large than Europeans & evidently fell below the Stature of Tongans, Samoa: & Tahitians." "But Hawaiian chiefs large - also chief women, wh. not observed elsewhere. 96. "N. Zealands rather above the M. size & some very tall & fat. & well proportioned" Wm. Brown visit to the Islands 28.

Only 3 naked races met with. - Fregians, Austr., Calif. Pickering. 107. 145

Ajisla.

Richardson Sr. Des. I. 254 264

Tonaricks large & straight. 6 ft high normal. One 6 ft. 6 in.

Travelling Arabs not fond enough. R. eat twice as much. I. 415

"I believe Europeans, in this season, wd. traverse these Saharas wild with less fatigue & in more superior style. I. 416

Tonaricks learn children naked in storm & boast. "I thought if this be the way the Tonaricks bring up their children, no wonder they can bear all the hardship of the Sahara, as we a sporting dog in Europe. It is impossible for an European to contend with a nature like that of the Tonarick. We can never expect to adopt their habits of Sahara travelling. I. 429

A Moor said these Tonaricks are chiefly strong fr. drinking Camels' milk. They drink it for 4 or 5 months not eating nor drinking anything else. After drinking it some time, they live no longer than 4 or 5 days & there are as white as my handkerchief. It is the camels milk wh. makes the Tonaricks like lions, as they shoots up to manhood in a few yrs". I. 299 (R. adds "many of the Sahara tribes are dyspeptics for 6 mos. out of 12 on milk")

Arabs endure heat better than negroes. (see below) 2. 438

R's guide said to him "Christians are devils & can bear both cold & heat. 2. 286

Laugh at ladies ostrich feathers. { while wearing bulbous hat, head cover & gauntlets of snail, to oil shoulders (to take oil)

"I cd. not help observing how superior the white man was to the black man in his physical make. Our Arab & Moors kept up sweat, feeling this furnace blast & bear the heat & burden of the day a thousand times better than the negroes. II. 435

For my part I am persuaded that a ~~[illegible]~~ European who begun their system of life early & carried it through perfectly, wd. be as capable of endurance of any kind as a savage. By my own experience, I know reason to believe it is the case, because when in hot tracing I never found myself inferior to them at all in the endurance of fatigue or privation & cd. always stand the heat of the country as well & often better than the natives themselves. Europeans too cannot have any change of climate or diet, while I am persuaded that an European, with proper precaution might live anywhere. When I speak of Europeans as being able to resist ~~[illegible]~~ climate better than negroes, I must explain that I mean a fair sample of a stout healthy European, in fact a perfect European.

As in our powers, so in our persons, we see in civilized countries a great inequality of size & strength — in England, for instance, you meet some of the biggest & strongest men in the world & some of the smallest & weakest. xxx The nearer you approach the wheel savage the less these differences of height & strength exist & in proportion also the diff. of size & strength. Among negroes when you can obtain a correct average of the height or weight of a nation, you find but solitary instances of men who may say inches or pound above or below that average. On this act it cannot be unjust to make a parallel betw. an average negro & any but a fair specimen of a European. [illegible] 223

Abyssinia chiefs — Tafetra, Kassala, Sennaar, Shendy of Theodore's times &c.

Africa.

"Women here as in other regions of tropical Africa are not very fruitful in childbearing" (Daniel's Med. topog. & Diseases of Guinea

Among the Mok. in Africa there is non-intercourse for pregnancy & weaning & children not weaned for 2 or 3 yrs. (this encouraged by Koran). Thought to injure child or endanger its life. Daniel thinks polygamy becomes necessary under these views. do 55

Fullest acct of female circumcision. do

"It has been supposed, by some that the Negro race is of shorter life than the European. Dr. Winterbottom informs us that few of the inhab. of Guinea arrive at old age." Sparks' Adamson on Senegambia & same effect of Bowman & others on natives Guinea & Congo. P. attributes it to "Condition of Slavery" – they are "thoughtless & dissolute subject to diarrhoeas, dysentries & a variety of cutaneous diseases" – but thinks slaves attain to great age. Prichard. 1, 124 &c

Negroes much more sensitive to yaws & other diseases than Europeans. (Prichard 1, 157) Dr. Clarke has proved that Negroes & Mulatoes far more subject to tubercular phthisis than Eur. residents. So in Ceylon. Africans bear other agencies better. (fuller in Prich. 1, 158 &c

Description of degraded race (like that in Prichard) – no use of fire, live on sucker roots, rice, no houses or marriage, hunters for slaves, "Dokos" see Krapf Travels. 44

Strength. "I showed off by balancing some heavy shafts of pewter: these I cd. lift with the greatest ease & project fr. one shoulder a consid. distance. None of my Damaralli companions cd. do this & although I was very weak fr. my recent illness, they all acknowl. my superior strength. This they all admitted on more than one occasion & [having array a large work] fr. this circ. wh. was corroborated by other opport. of observation, I do not consider bodily strength to be a characteristic of the Damaralli, although for agility & endurance under fatigue, I think they are unequalled by any people, not even excepting the Ama Zulas [Kafirs] Ch. Johnstone. Fr. South. Africa. 1844 1. 378. 148.

Entrails worn for relief by the grease. 1. 376.

Strength. The Damaras [S Africa] speaking generally are an exceedingly fine race of men. Indeed it is by no means unusual to find individuals six feet & some inches in height & symmetrically proportioned withal. Their features are, besides, good & regular, & many ~~they~~ might serve as perfect models of the human ~~face~~ figure. Their air & carriage whatever, is very graceful & impressive. But though their outward appearance denotes great strength, they can by no means compare, in this respect, with even moderately strong Europeans. Anderson ~~Kraapf~~ - Lake Ngami 39

American Indians.

"do not appear to be numerous." Mackenzie 371.

Very few children. Henry (1760 - 1809) p. 303 (have the superior (considering their life) pub.

Chief of tribe 5 ft. 10 in. p. 286. low in stature, not exceed. 5.6 in. L&C. I. 432.
do 5 ft. 8. L&C. II. 19. "middle size, very well made" Mackenzie. 204. (Beck, 287)

Systematically supplied with men by first traders & French military posts
Catholic priests for bad it, first but Canadians introduced at. Mackenzie v
Louis XIV " McKenney 197.

First winters found women wanted. Lewis & Clarke, Journal
L&C. I. 92. 105. 132. 150. 155. 421. - II. 82. 99. 134-7. 147. 1804-5-6. pub. 1816.

Hence 244. 249 (Kristineaux encounter, saying children of Europeans
bolder warriors & better hunters & yet these "shared less deviation from
their primitive manners than any tribe" (? Ken. United. 252) after 326

Yet says Chipewayans scalpers. 249; Assiniboilles "perfectly modest (288)
& "children born out of wedlock very rare among the Indians. 301.

Mackenzie says entirely unchaste XCVI-II-III. 89. 253. 372 only except Beavers. 149

Canadians & Indians called all Eng. colonists Bostonnais. 329

Henry found himself "able to endure more hardship than the
Canadians during their winter journey, & cd. have force twice as fast. 270

Indians eat human flesh on great occasions to make them brave. 105
& keep the bones of sacrifices carefully in a separate place. 115
Catlin says no Indian shooting equals Eng. amateurs archers (174. 2. 289) also beaten in pelting at Paris
Rapid cures of wounds. 12.2. Extract bullets. L&C. II. 292 138

Tops pine trees been broken; moss near roots north; largest limb south

Canoes of elm bark in one sheet, 18 ft long - bark sewed
together & fore ribs & bars - carries 8 men - made in day. 180

Grease & roots prepared by boiling down into mucilage, thick as
white of eggs: bitter & disagreeable taste. 221

Canoes nut-shell. Ind. corn boiled in lye & hulled. Left to sprouts
like rice - allow each man 1 pt. daily + a bushel will 2 lb prepared flour
lasts a month. Nothing else, no salt; better health. 89. American calls hominy
man costs 10d daily
"though it is not sufficiently hearty to sustain the strength necessary for a day of active labor XIVII
Remarkable account of long journey on snowshoes - snow 4 ft. deep
winter life of Indians.

"walk on in hour".

"Wonderful facility of childbirth. Lewis & Clarke. I. 416, 432. (but stays to be hands where father while 416.) — Henry. 118 Tafts a difficult later "the squ mother, in high spirits, arrives in lodge the canoe (canoe left) have forked & knee deep in the water." # Same in Mackenzie. 141. cxxii.

"Longevity. "We have seen a number of Mandans who have lived to a great age; chiefly however the men whose robust exercises fortify the body, while the laborious occupations of the women shorten their existence. L & C. I. 153 "few old men" among Shoshones 432

Fleetness. "Several post races were run between the men & the Indians; the latter who are very active & fond of these races, proved themselves not expert & one of them was as fleet as our swiftest runners." L & C. II. 310 (the only direct comparison I can find, despite the assertion of Prichard.) "amused them with conversation & with running races, both on foot & with horses, in both of which they proved themselves handy athletic & active. L 332

Diseased. Many sore eyes (Pension) & women a variety of disorders. Theumatic, pain & weakness in loins, from hysterical, II. 297 etc (Prichard. I. 159 Prichard says "Indians A. forces, hysteric. & others, similar to Europeans.) [Small pox "destroyed whole families & tribes" very early; never ascertained have introduced. Mackenzie. xiv-v. L & C. II. 221. ulcers & scrofulous common L & C. II 257. very bad teeth. III. 14. 57. every all sick, tribes

Strength. On one occasion obl. to start with a young Indian (indolence?) who gave out for fatigue, after 3 hrs. ascent of woody mts., & he had to return. 101. again, in comparing "the Indian made sad bitter complaints" another of the cold & hunger which he suffered, that I complied with his solicitation." women carry over 100 lb L & C II. 113 Prichard. 194. Again carried sick Indian across river on back, ford 3 ft. deep & very rapid 378 (though apparently others with them.) "I had imagined, that the Canadians who accompany me were the most expert canoemen in the world, but they are very inferior to these people, as they themselves are convinced, & consequently these vessels. 324.

American Indians.

"It will appear fr. the fatal consequences d hr. repeatedly imputed to the use of spirituous liquors that I more particularly consider these people as having been morally speaking first offenders fr. their commun. with the subj. of civilized nations. At the same time they were not, in a state of nature, without their vices & some of them of a kind wh. is the most abhorrent to cultivated & reflecting men. I shall only observe that incest & brutality are among them. Mackenzie xcviii. {Travels 1789-1792 pub. 1801

— Women hr. a ready way, by the use of certain simples, of procuring abortion, wh. they often practise, either fr. hatred of the fathers, or to save themselves the trouble wh. a child occasions." — & no injury to health xcviii

Kristineaux name for woman Non-sense mack. cvii

Though the women are as much in the power of the men as any other property, they are always consulted, & possess a very considerable influence in the tribe Surveyors & other. important (Squaws in Council. M'Kenzie) Carver cxxii. so L & C. (cxxxviii)

Lewis & Clark. II. 260. 271

Home for mortally sickness. Mackenzie. cxxiii.

Canadian strength. Go with 2 packages go 16 each & return with 2 ostes in 6 hours, 18 miles over hills & mts. xlv — dollar a package.

carry 480 lb. — voyageurs not over 5. 10.

Algonquin & Iroquois R.C. settlements, each with priest & 250 warriors. ~~Have been taught to read & write their ancient langs~~ (below) "& are better instructed than the Canad. inhabitants of the country of the lower ranks" but notwithst. these advantages & tho the settlement is nearly covered with the colon. of the country, they do not advance towards a state of civility, but retain their anc. habits langs & customs, & are heavy every day more depressed, indept & insignificant. x{So authors for their hosts from that these people hr. hav instr. in read. & writ. their ancient langs.] xxiii.-xxx

Indian food. Dry hemlock inner bark in cakes, 1 ft square. 1 in thick & eat with Salmon oil. 327 Boil sorrel & berries with Salmon roes & pour into panes, making cakes same size. 309

Names months

May	Frog moon	Nov.	Hoar Frost moon
June	Moon in wh. birds begin to lay their eggs	Dec.	Ice moon
July	" " " cast feathers.	Jan.	Whirling moon
Aug.	" when young birds begin fly	Feb.	Big moon, some say Old moon
Sept	" " moose deer cast horns	Mar.	Eagle moon
Oct	The Rutting-moon	Apr.	Goose moon. (CV.)

Fine figures of Indians. M'Kinney 287.

Starved Indian tribe. Lewis & Clark gave Chief some dried apples & he said best food he ever tasted except sugar, a small lump of wh. he had saved for his sister; he now declared how happy they should all be to live in a country wh. produced so many good things. L & C. 1. 410 1. 434

L & C. thought Mineral springs attracted many Shoshones, so isolated.

Assiniboins... at war 2 sm away Yankton & Fox Ind., who never retreat or seek shelter – leader drowned by refusing to turn out for hole in Missouri – others greatly restrained. – They hit enemy & dance separately for rest & more respect the chief. Wh. 22 now reduced to 4. (L & C. 1. 60

Cases of honest tribes. L & C. 1. 410. 2. 263. Traders bad Gamble II. 443

(Tribes at mouth of Columbia. very intelligent – speak freely before strangers of connexion with them. Their position has a bearing on her weaknesses "Along the Clatsops & Chinooks, who live in roots & fish wh. the women are usually sent with the men in pursuing, the former has a hack & bifocal roof and among Indians. The females are permitted to speak freely before the men to relate indeed the trifling occasions therefore is a tree of authority. In the disposal the inquiries & opinions are respected & in matters of trust their advice is generally asked & pursued. The lodges of the family are shared apart themselves!! (an great feasts, meats cooked & served up by men! L & C. 1. 134 comp. 1. 421 1. 13

Amer. Indians.

Bartram said (Travels in Carolina &c) that the Cherokees (Upper Creeks according to Pritchard) were "by far the largest race of men I have seen" – men "a full size larger than Europeans; many of them above 6 feet or 5 ft. 8 or 10 women "seldom ~~[illegible]~~ 5 ft". "Smallest known" – "hands & feet like Europeans of 9 or 10". Males "tall erect & proportionate" Pritchard Phys. H. v. 404

"The Missouri Indians of the male sex exceed in height the ord. average of Eur.: but the women are in proportion shorter & thicker". Pritchard V. 417

Dr Rush informs us that the Ind. of N. Am. have at a earlier period than Eur. the marks of old age & that longevity is more rare among them than among white people. (P. doubts) 1. 128

"It is commonly supposed that the fecundity of the Am. woman is less than that of the females in other races. (P. differs & finds their races not very different. James & Keating) 1. 133-4

"Among the Am. Ind. though the bodily frame is endowed with great muscular strength & patience, the powers of life in the natural & vital functions, as they are ~~called~~ termed by physiological writers are at a low ebb. Dr Rush says that out of 8 Indians whose pulse he examined at the wrist, he did not find one in whom the arteries beat more than 60 strokes a minute Pritchard 1. 133

Childbirth. "Women are generally healthy, during ~~childbirth~~, pregnancy & lactancy & sick stomach; & in one instance that the Dacotah women have their faces covered with spots, in the same manner with white women. Being hardened to fatigue, they attend to their usual occ., even in the last stages of gestation. P. 1. 135

Humboldt & Azara think long lived Prichard. I. 128
Azara thinks Paraguay Indians unprincipled. " " 133
Guanches (of Canary Is.) Humboldt Travels. I. " 2. 36 & 37.

Esquimaux. The Northern (Smith Sound) tribe dying out very rapidly – far more so than our Indians. Kane II. 109. 119.

"Their powers of resistance & endurance & fatigue are not greater perhaps than those of a well trained sailor or other regions. Id. 212.

Kane took care not to show weakness or cold. 'We had indeed borne both Oolumiah & Ullyouk at times upon our shoulders.' I. 383 also 401.

North Americans.

Humboldt says no S. Am. Indians (among thousands) who appeared to him any bodily deformity. Attributes this to race - better races. Deformity does not prevent marriage in Europe. He might be tempted to think that savages all appear well-made & vigorous because feeble children die young for want of care & only the strongest survive; but these causes cannot operate among the Indians of the Orinoco. Hereditary organization. "Among the Mexicans of the present day who are all laborers leading the most simple lives, Montezuma wd. not be found those droops & hunchbacks whom Bernal Diaz saw waiting at his table when he dined. The ~~female~~ custom of drawing very gay, acc. to the monks, is no way detrimental to population". Travels. I. 309.

"It is intellectual culture wh. most contributes to diversify the features. Barbarous nations have a physiognomy of tribe or of horde rather than an individuality of look or features xx Varieties of form & color are frequent and among domestic animals" Travels I. 304

[The missions] have almost everywhere tended to the increase of population, wh. is incompatible with the restless life of the ind. Indian I. 297]

The distinct branches of Teneriffe "were the Patagonians of the old world. Historians exaggerated the muscular strength of the Guanches, as previous to the voyage of Bougainville & Cordova, colossal proportions were attrib. to the tribe that inhabited the southern extremity of America. I. 123

Shows that natives complain for want the European visitors, where they have no interest or difficult object. I. 194 (illustrates at length)

"This characteristic trait, has given rise to very erroneous impressions of the physical constitution of the Indians" (Says he has worn 14 or 15 hrs. to get home to his family.

Disease:

Young man lost nose fr. scrophula - wh. Mr. Sharp the surgeon found prevailed much among the natives". p. 47 "Shaved Mr. Sharp a child afflicted with some bad ulcers, a disorder wh. he said was common w the people there" p. 111. "They from the general (native) very feverish, fr. the effects of a boil on his arm, wh. Mr. Sharp fomented & dressed. p. 192 (afterward cut out by native surgeon with shell-knife, their custom. p. 196. [natives jumped overboard & swam ashore, probably disliking another dose, rain drops on skin. 179] [From Wilson's adventures in Pelew I., edited by Geo. Keate. They were cast away & the first white men ever there. London. 1789.]

Voyage to Pelew Is. 1791-92 (Admiralty, London. 1800)

Keate [Admiralty, do] thought that belief must have rendered the people reckless of their selves, but their dangerous exits were too precipitate, though they displayed in no other respect fr. any foreign business. They needed not however to have made great efforts to support themselves in the water; for by keeping their mouths shut, they remained a foot or the head. Naval supported "the selves in the water, by the motion of the feet only, till the tide & our ropes the cutter, they rushed to boarding". p. 177 "They (the girls) several times came aboard on the shore, wh. was very smooth & some of us endeavored to catch them. when we and the pleasure were that Europeans cd. give = jumping over better than "these savages". p. 305 [various cases]

123

"Several spent the night on deck rather than swim ashore, except one, who swam a mile. "We admired the facility with wh. he executed all his movements. He swam constantly

on the belly, his neck being entirely out of water, & making very short strokes with his left hand, wh. he kept constantly before him, while he gave a great pull to his right hand wh. he carried to the thigh on the same side at every stroke. The body was at the same time inclined to the left, wh. increased the rapidity with wh. it cut the water. I never saw an European swim with such rapidity or such speed" (stated by Tr.) "A somewhat similar mode of swimming I believe ~~practised by~~ is not unfrequent among expert swimmers in England. At least I have often seen it practised by others. I have had recourse to it myself, when engaged in a contest of speed" p. 335 (So in Tonga the hand only.)

"~~The~~ Health & Strength. The natives of the friendly Islands are in general tall & well made, yet they are universally indebted, no doubt, to the abundance & good quality of their food. The fine shape of these people is not degraded by excessive fat; their muscles being strongly marked, we presumed they must have great strength; but the idle life they lead renders them very little capable of great exertion; & according, when they exert their strength against us, we always overcome them. The men as well as the women are accustomed to cut off one or two joints of the little finger, in the hope of obtaining a cure for some diseases. We saw a great number where this has been carried with a similar superstition wh. perhaps is owing to this, that they accustomed to wipe the sweat, or rather the oil, off with water, yet this is not the case, & this removal proves superstitious chant

Leaping. [Van Diemen's Land] "Some trees that lay on the ground along the shore, gave them an opportunity of displaying their agility to us by leaping over them. It was time to much fatigued to give them an imitation of what we were capable of doing, but I believe, savage as they were, they wd. have found themselves excelled by an European tolerably expert at this exercise. p. 302.

Australians. "It is the general opinion that these natives are not a long-lived race. The poverty of their diet seems acct for this, together with the want of shelter fr. the vicissitudes of climate. The care taken by civilized man to preserve health is, by increasing susceptibility, the indirect cause of disease; the more refined is the abstinence of repinen, the more pernicious will be the slightest alteration fr. it; but a total disregard of all the comforts of regular food & efficient shelter; the habit of cramming the stomach when food is plentiful, & of enduring long abstinence when it cannot be procured, has a far more baneful effect upon the human constitution than all the excesses of the white man.
Landt: Bushmen. p. 203.

"The best of these [illegible] (Windsor) not having the [illegible] power of Sunspeare."

Capt. H. Shakespear. 199.

They seemed to suffer fr. the rain much more than I did, especially the women. 79 (Du Chaillu.)

They are the finest, tallest looking set of negroes "I have seen in the interior & taking l. on fleet seems to agree with them tho' I afterwards saw Fan tribes who had not the fine air of these mountaineers. 121. 129

"No such a boisterous people seems going here. Even the N.A. Indians dealt in surprises. Fight like negroes fr. behind trees & are cruel rather than brave 132

One cause of the gradual decay of this & other tribes is found in the fact that they force their females to marry at such an age that they never become mothers. 196. They bn. children at 11 or 12, but as soon as the woman age is early & the majority do not bear children. 196. "Few Bakalai have bn. any children." 435

The Bakalai are of the ordinary size xx They are not very strong, chiefly & appears because they live poorly. 454.

Severe leprosy, sometimes & a kind of ulcers. Lepers common. Elephantiasis. Erysipelas somewhat prevalent. "Most of these ill are due to attributes to insufficient nourishment & filth, habits." 458

[Woman's Rights. It is curious how seldom in this country, interpreters, let alone proprietors, or tribes. The women jealously guard their rights in this respect; & so long as they feed their husbands & make their baskets, they are not in any way forced to work at all. 412.]

Africa.

Marriages produce very few Children. Richardson Centr. Africa average two. II 42 138.53.23) 1.112

The Moors & Negroes of the Coast Mr. R suppose are as much (fairest) as the Europeans. 1.149. (Vide contra, 1.232 & vide Barbary)

Itinerant black schoolmasters from Bornou teaching the Tuaricks who count themselves white. II. 56

Large old bottles everywhere in desert.

March	Salix discephala	
	Alnus serrulata	
	Hepatica triloba	
	Epigæa repens.	
(Brattleboro'		
Apr. 27.	Sanguinaria Canadensis	W. (past.) May 15
	Erythronium Americanum	W. " "
	Anemone nemorosa	W. May 12
	Houstonia caerulea	W. " "
	Erigeronium plantagineum	W. " "
28	Saxifraga virginiensis	W. " "
29	Dentaria (in bud)	
	Trillium erectum " "	W. May 15 (Florida grove)
	Hamamelis virginiana	
May 2	Viola rotundifolia	
	Panax trifolium (in bud out 5)	W. May 12? 15. (Florida grove)
	Dracocephalum botryoides (in bud)	W. May 15 (Florida grove)
3	Viola blanda	W. " "
	Pedicularis Canadensis	
4	Pyrus ovalis	W. May 12
5	Fragaria Virginiana	W. " "
	Viburnum lantanoides	
	Leontodon Taraxacum	W. " "
	Coptis trifolia	W. May 15 (Florida grove)
	Viola debilis	W. " " (pasture)
	" ovata	W. May 12
	Erigeronium annuum	W. " 15
	Dirca palustris	
	Mitella diphylla (in bud)	

Worcester

May 12. Viola lanceolata

" cucullata

" pubescens

Uvularia sessilifolia

" perfoliata

Convallaria bifolia (in bud)

" racemosa in full flower June 16

Andromeda calyculata

Aralia nudicaulis (in bud)

Potentilla sarmentosa

Anemone Thalictroides.

Pinus

May 13

Thalesia Dicus Pastoris

Kalmia latifolia (in bud) out June 12, Blackstone - June 19, coming out fairly.

May 15 Chimaphila (in bud) (Newton's more)

Cypripedium acaule (" " saw out. 21. fine June 6 (q.v.)

Polygala paucifolia " "

Trientalis Americana (one) "

Rubus triflorus

Vaccinium pallidum

Geranium maculatum (one)

Comptonia asplenifolia

Erigeron bellidifolium

	Cornus Florida	Florida grove.
	Cornarum palustre (bud)	" " Wedge
	Saxifraga Pennsylvanica	" "
	Arum triphyllum	"
	Ribes hirtellum	Cascade
	Laurus Benzoin	"
	Aquilegia Canadensis	"
	Rhus	"
	Ranunculus abortivus	"
	" fascicularis?	
	" repens	
June 1	Cornus Canadensis	Behind Cath. Cemetery
	Medeola Virginica (bud)	Hermitage
	Clematis Lederiana.	
10	Viola ovata	Wedge Pattendorf
	Viola rotundifolia	"
	Rhodora Canadensis	"
22	Ranunculus bulbosus	
	Vaccinium corymbosum	
	Thalictrum dioicum	Florida grove
	Aralia nudicaulis	Newton's woods
	Rubus villosus (in bud)	
	"	
June 6	Corydalis glauca (S. side quarry)	Green operculum of Cypr. acaule & a piece found on parsiflorum
	Kalmia latifolia "	
	Osmorhiza brevistylis "	

Cornus Florida still fresh
V. pubescens " "
Polygala sanguinea " about done.

Orobanche uniflora (Alternitage woods, near iron

Hieracium venosum

Senecio aureus "

Aralia hispida (bed) near barn

Arenaria serpyllifolia

Thesium umbellatum

Iris versicolor

Rubus Canadensis (trivialis)

Veronica serpyllifolia

Gaylussacia resinosa

Viburnum nudum (in bed)

" acerifolium "

Kalmia angustifolia. cut fine "

Lysimachia 4-folia.

Achillea millefolium (road out)

7 Nuphar advena

Pennsylvania Liriodendron tulipifera

Chimaphila maculata

Azalea

1 11. Viola pedata
Lupinus perennis } Ax bridge.

16 Chrysanthemum leucanthemum
Vitis
Thalictrum corydalifolium
Sysirinchium anceps

19.	Oenothera pumila	Pat meadow
	Pyrola rotundifolia (in bud)	Lawel first bonnet Newton woods
	Solanum dulcamara.	
22.	Melampyrum Americanum	Newton's woods
	Mitella Canadensis	
	Helianthus?	
	Anthoxis odorata	
23	Asclepias pulchra	Cutler's pond
July 3	Hypericum perforatum	
	Mitchella repens	
	Asclepias 4-folia	
	Potentilla norvegica	
	Rubus odoratus (cultivated?)	
	Nymphaea odorata (Sam)	
	Lobelia inflata (..)	
4	.. pallida.	
8	Apocynum androsaemifolium	
	Oenothera biennis	
	Epilobium angustifolium.	
17	Ceanothus Americanus	
18	Cicuta dulcamara	
	Utricularia	
	Brasenia peltata.	

Essay on the Anatomy of the External Forms of Man. Edited by Dr. Robert Knox. London. 1849

"I early saw that the term beautiful was wholly inapplicable to the male figure, I mean of course to the fully developed adult. x x x Woman is when alone beauty resides, who is in fact the only perfect & beautiful object in the world. In her alone resides the beautiful, the graceful, the ideal to which all art, when best expression, are applied to any other object from man himself, it can only be from the poverty of language. (Knox appendix) 241

Yet he complains of Haydon for taking refuge in the theory "that beauty resides in the female form alone, & that when seen in the male figure, or the universal animate world, no matter how diverse in shape, the beautiful was only found in forms more or less resembling woman. [Winckelman, Lord it is with] 244.

Describes the athlete & says "of the black races, one individual athlete appeared in England; this was Molyneux, who in the head, torso & arms, was the finest of all the athletes I have ever seen. x x x In his movement the true athlete is as rapid ~~the~~ as thought when roused this I have seen re=peated in the prize fighter. I consider their activity as a more remarkable fact than their great strength. 261

used to dig vigorously an hr. or two each day in his garden, to avoid sudden death. 1. 106.

Jan 19 "Dined very unhappily yr. in unpleasant state of body produced by liquors. Lost 2 hrs in bed yr. dainty & dotty." Jr. 1. 115 (at 60 or so?)

Urged (in later life) abstinence yr. fermented liquors. 1. 117. D. 278. 335

Rheumatic attack (in 1827. aet. 56) legs in buckets & collars round neck, two shoulders mostly round shoulders, two behind & head — all filled with hot water. 1. 189

To his brother Robert (on P.) "You will laugh at me, but I am convinced that a working sailor shld. lead the life of an athlete. I wish yr. wd. let me send you a horse & that yr wd. ride my morning 10 or 15 miles before breakfast & thus gradually fit a regular pedestrian. I do not see a figure in a speech who had perspired freely that day." H. 107

Between "I like Lady Letty the 3 or 4 glasses before dinner I habitually yr. water drinking. Without this Lady is dyspeptic & inflammatory." H. 128 "All people about the earth of bilious or nervous by excess of study & sedentary habits, clergy included. I never yet saw any gentleman who eat & drank as little as was reasonable." H. 122.

"I have examined respectedly the feet of those who have never worn a shoe & will take it upon me to say that they differ in no respect yr. others in their essential form. (extends this to legs & wrist, head & hand. 278

The moment any child has learned to save, that moment such a child is rendered safe for life; safe from the penitentiary, safe from the poor-house, safe from her whose chambers go down to death.

Said a gentleman to us, the other day, "I came to New York at the age of fifteen. I soon became costive; eight and ten days would pass without any action of the bowels; I knew nothing about health and disease; soon after, I became dyspeptic, and for thirty years I have been going down hill steadily. I made a fortune, lost my health, and the coming spring I expect to die. All I have would I freely give for the health of my childhood; and yet a little knowledge as to the laws of my body would have prevented this great calamity—*a lifetime wasted!*"

English Nature treated in series of experiments to prove a triumphant race. Up to this time the English have, on the whole, succeeded – but the English needed a little more bracing, a slight increase of nervous power, so Nature ~~tried~~ transplanted, & tried again. It was worth risking a little invalidism to lighten the ship in this way – & the result is, the American temperament.

after the first day of January, eighteen hundred and fifty-seven, and their renewal every year will be among the pleasant events of "*Christmas Times*," which will not easily be forgotten; then, of your

"MEN CONSUME TOO MUCH FOOD AND TOO LITTLE PURE AIR;
THEY TAKE TOO MUCH MEDICINE AND TOO LITTLE EXERCISE."—*Ed*

"Labor for the good time coming when sickness

[illegible]

[illegible]

to prevent against power of [illegible]

[illegible]

[illegible]

English. Nature makes a series of experiments to produce a triumphant race. Up to this time the English have, on the whole, succeeded – but the English needed a little more buoyancy, a slight increase of nervous power, so Nature ~~tried~~ transplanted, & tried again. It was worth risking a little invalidism to lighten the ship in this way – & the result is, the American temperament.

Barb. & Civilization - (not used.)

"If ever you see an Ottoman here" said an inhabitant of the confines of Abyssinia to Bruce, "he is a stranger; the natives all die young by the lance."

Senior Pol. Ec. 72

~~A person when he enters a well built sepulchre, feels like a sailor when he goes on board a fine ship – at home. He knows the ropes~~

~~Of course, the finer the mental organization of any person is the more he is liable to subtle & significant variations of physical condition; but this greater sensitiveness tends in both directions & gives also greater heights of power.~~

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11.
9. ✓ Methlitus Officinalis. H. H. Stoller
11. ✓ " Urlanthe
Satureia Chorticana

Stoneville – N. road A Cliffville
Log hill – back cash hill
Right swamp
Scott farm near Cliff Pratt
Lower cliff
Talent mt.

12 Shrothra Sentantido
✓ Ranunculus Flammula
✓ Ranunculus Pennsylvanicus

13. ✓ Hypericum Virginicum
Viola a Pedata
Cistus Spuntes, pers
Geranium maculatum
✓ Salicornia Pumicrosa
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17 Conyza Camphorata
✓ Hibiscus palustris

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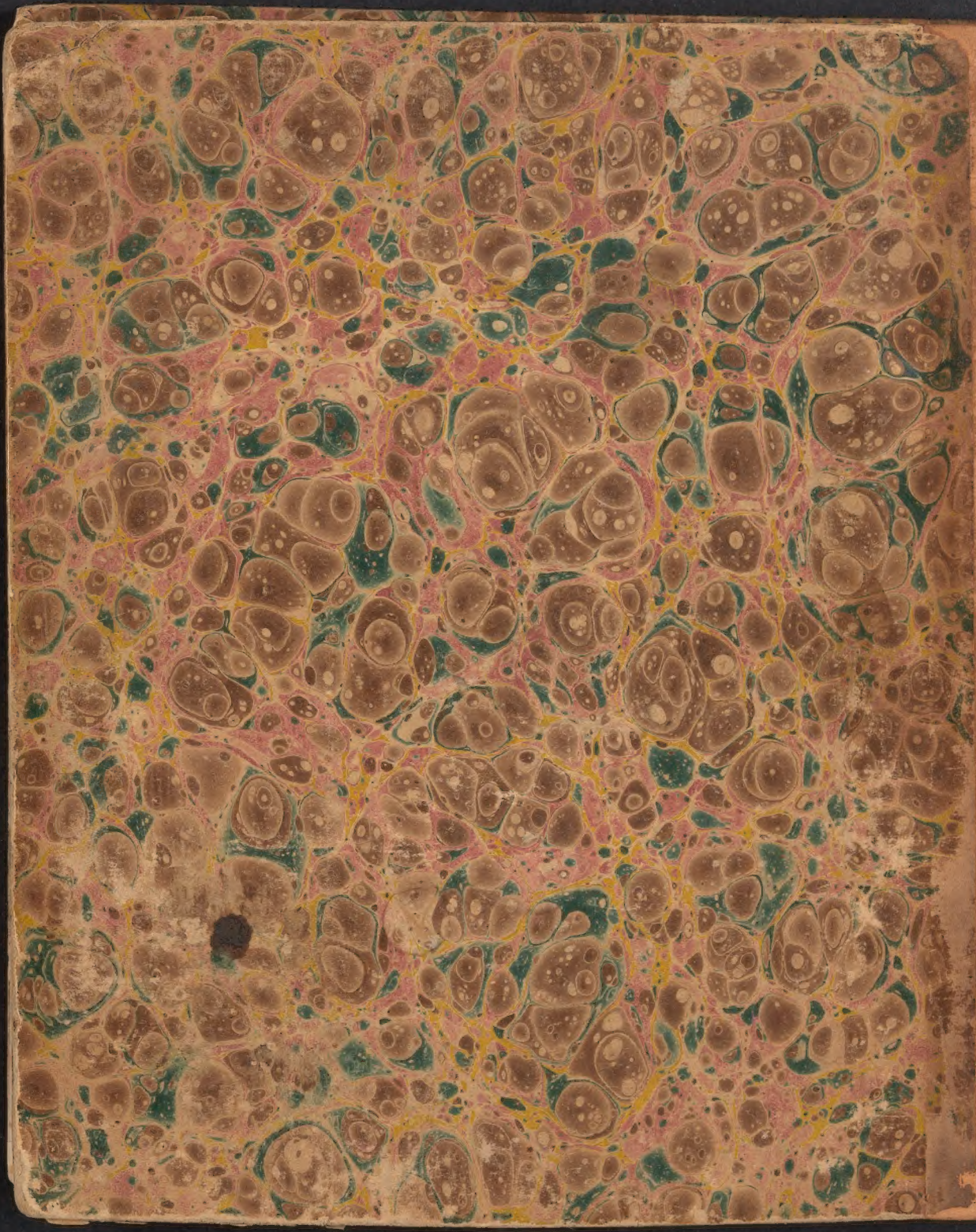
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